

APSLEY COOKERY BOOK
FOR THE
URIC-ACID-FREE DIET

PRICE $3/6$ NET

*The University Library
Leeds*



LEEDS UNIVERSITY LIBRARY

Classmark:

COOKERY

A WEB



3 0106 01105 9671

COOKERY

K-3

A Souvenir of our 1910
New Years in Town!
from "Tookay" : _____

**THE APSLEY
COOKERY BOOK**





Telegrams :—"Apsley, Slough."

APSLEY, SLOUGH, Bucks.

A SANITARIUM for the cure of Gout, Rheumatism, Bronchitis, Headache, Epilepsy, Mental Depression, Anæmia, Neuralgia and Neuritis, Hay Fever, Bright's Disease, Dyspepsia and other Uric Acid diseases. The uric-acid-free diet is carried out under medical supervision.

APSLEY HOUSE is situated on a well-drained gravel soil, in its own sheltered grounds in a beautiful and interesting country near Eton and Windsor, and an excellent service of trains between Slough and Paddington (G.W.R.), in 24 to 30 minutes, gives ready access to London.

During the cold months the house is thoroughly supplied throughout with fresh warm air, making it a comfortable home for invalids and others during winter and spring.

The district offers admirable opportunities for boating, golfing, cycling, riding, driving, &c.

For terms apply to Secretary.

THE APSLEY COOKERY BOOK

*CONTAINING 448 RECIPES FOR THE
URIC-ACID-FREE DIET*

BY
MRS. JOHN J. WEBSTER
AND
MRS. F. W. JESSOP

SIXTH THOUSAND



LONDON
J. & A. CHURCHILL
7 GREAT MARLBOROUGH STREET
1906



Printed by BALLANTYNE & Co. LIMITED
Tavistock Street, London

S. 15236.

44 082730 11975

THIS BOOK
IS RESPECTFULLY DEDICATED TO
THE ORIGINATOR OF THE
URIC-ACID-FREE DIET
BY HIS TWO GRATEFUL PATIENTS
THE AUTHORS

CARLO GRASSI, Ltd.

*Grocers, Foreign Warehousemen, and
Wine and Spirit Merchants,*

26 GERRARD ST., SHAFTESBURY AVENUE
LONDON, W.

**Finest Quality Vegetables and Fruits of all kinds
in 10 oz. and 32 oz. glasses, a convenient
size for small families**

VEGETABLES.

Fonds d'Artichauts, 9d. and 1s. 6d. Carrots, Macedoine,
Spinach, Turnips, 6d. and 1s. per glass.

FRUITS.

Apricots, Cherries, Figs, Greengages, Macedoine, Peaches,
Pears, Pineapple, Raspberries, Strawberries, 9d. and 1s. 4d.

MACARONI.

Finest Genoa, per lb. 5½d. ; per 4 lb. Box, 1s. 8d. Finest
Naples, per lb. 3d. Fancy Shapes for Soups, per lb. 3½d.
Tagliatelli fresh daily, per lb. 6d.

SALAD OIL.

Treble refined, perfect for Salads and Mayonnaise, per bottle,
1s. 6d., per doz. 16s. ; per half bottle, 10d., per doz. 9s. 6d.

WINE VINEGAR.

Manufactured by ourselves and unsurpassed for use with
Salads, per bottle, 2s. ; per half bottle, 1s. 3d.

**Noted House for Olives, Curry Powder, Caviare, Imperial
Plums, Dessert Fruits, Old Matured Wines, Spirits and
Liqueurs. Table Delicacies of every description.**

See Catalogue for Prices of all Kitchen Utensils,
Household Goods, &c. &c.

Agents for Welbank's Duplex Boïlerettes.

CONTENTS

	PAGE
INTRODUCTION	ix
HINTS ON COOKERY	xvi
FOOD VALUES	xxv
SOUPS AND PURÉES	1
SAVOURIES	27
VEGETABLES	78
SWEETS	103
NUT DISHES	165
BREAD, PASTRY, CAKES, &c.	188
SALADS	204
SAUCES, &c.	213
MENUS	223
APPENDIX	228
INDEX	229

INTRODUCTION.

THIS little book has been written in the hope that it may be of help to those who live upon the "Uric-acid-free" diet, for the cure of all uric acid troubles.

As the author of this diet advises all his patients to live upon the plainest food, and to eschew, as far as possible, all condiments, it may be thought that in many of the recipes which follow, the authors have paid too much attention to making the dishes resemble those containing meat, fish, &c. This has been done, however, to help those who, having lived up to middle age upon highly seasoned and stimulating foods, find it difficult, if not impossible, at first, to give up condiments; and it has been thought better to wean them from the old diet in this way, rather than to allow them to suffer from loss of appetite, and its consequences. Although other condiments have been given in the recipes, salt has been omitted; because the author is of opinion that it causes retention of uric acid. If, however, patients, at first, find that they cannot do without it, their cooks can easily add what they require.

There are many dishes amongst the various recipes given which will not be suitable to all digestions; but, as patients are the best judges themselves of what they

are able to digest, there is a large variety given them to select from. Most patients will do well to leave out any dish containing tomato during the very cold weather, or to choose those only which contain a large proportion of potato, to counteract the acid of the tomato. It is well also to remember in arranging a dinner, that if there is any acid in the savoury the sweet would be better without fruit. A few Menus have been arranged to give patients an idea what to choose for dinner, &c.; and a little intelligent attention to these, and to the table of food values, ought to make it easy for any patients to cater for themselves, without running any great risk of either over or under feeding. The number of grains of albumen contained in some of the dishes is given with the recipes for the same, and these will no doubt help the patients in any calculations they may wish to make of the food value of other dishes. Intelligence, however, must be brought to bear upon the subject; the patients who "have minds above such vulgar details" will come badly off upon this diet, unless they are fortunate enough either to have some one about them whose minds will bend to "vulgarities," or appetites and digestions so good, that they can live upon the simpler forms of food, upon which it would be impossible for any normal being to over feed.

To those whose attention has been directed to the nourishing values of foods, apart from the "Uric-acid-free" diet, the amount of ignorance displayed, by those whose duty it should be to guide others, is astonishing. For instance, how often one hears of medical men telling their patients to take "as much milk as they can drink!" without inquiring whether they happen to be

the kind of people who can take any given quantity, or explaining to them the amount of nourishment contained in milk, and the consequent danger to health when it is taken in large quantities, in conjunction with other foods. Doctors complain that the generality of their patients *will have* drugs ; though they would often be better without them ; but when medical men begin to study, and teach the chemical properties of foods, they will soon cease to be looked upon as mere dispensers of drugs. When such ignorance flourishes in quarters where we expect at least to find some knowledge of the value of foods, it is not to be wondered that there are mothers who ruin the healths of their children by improper feeding.

One valuable article of food—cheese—has now a very bad reputation for its supposed indigestible qualities ; whereas in the days of our grandfathers, when people drank less tea, and ate less stimulating food, it was supposed to assist digestion. Perhaps then it was treated rightly—as a relish to bread—and not eaten in large quantities ; whereas now, tastes have become so vitiated by over indulgence in highly stimulating foods, that when it is taken, it is rather as cheese and bread than as bread and cheese. The habit of eating it after the digestion has been sufficiently tried by quantities of butcher's meat, has also had much to do with its evil reputation ; and when discomfort and pain follows, it is, of course, always put down to the cheese ! An amusing experience in support of this occurred quite recently to a gentleman who has lived upon this diet for some years. He had been spending the morning with a friend, busily employed in the open air, and they both

returned to their hotel to lunch, with the best of appetites.

The man on the "Uric-acid-free" diet ordered a "Welsh Rabbit," while his friend was provided with a large plate of roast beef, and a second helping. When the "Welsh Rabbit" appeared, he said to the "Dieter," "Ah! you are not to be pitied after all," and he ordered the waiter to bring him one also; and whilst it was being prepared, he passed the time by partaking of boiled fruit pudding, with suet crust. When it appeared he fell to, as if he had taken nothing particular since breakfast, and cleared the dish, which must have contained from four to six ounces of cheese! The "Dieter," meanwhile, had taken what he required of his "Welsh Rabbit," with his bread.

During the afternoon the friend became exceedingly uncomfortable, and, turning to the "Dieter," he exclaimed: "That diet of yours may suit *you*. I must say that you look very well on it; but *my* digestion won't stand it; I feel awfully bad!"

One hears much about the waste of food amongst the lower classes through ignorance, and no doubt if they had the knowledge to prepare their food properly, they would be well nourished at half the cost; but has any one ever calculated the cost of the enormous waste of food amongst the well-to-do, caused by over feeding, and improper diet, to say nothing of the cost of trying to get rid of the results of both? Let us hope that a time is coming when children will be taught something of the values and properties of foods at school, in the place of many smatterings of subjects that are of neither use nor interest to them. Perhaps then we shall approach

the time when it will be as "bad form" to eat more than is necessary as it is now to drink more than is good for one.

Those, however, who have suffered much on the old diet, and are willing and anxious to try this treatment, will, the writers hope, be helped by their experience to find a diet amongst the various recipes, suitable to their needs. A little patience will be required before the patient becomes accustomed to the change of food; but this will be well rewarded by the freedom from pain and discomfort, as the diet gradually improves the state of the blood. This improvement naturally takes a little time to effect; for a state of things that has taken long to bring about, cannot be expected to be cured in a few weeks. One lady who was suffering from troubles, which this diet is known to relieve, was persuaded to give up tea as a preparation for eventually going upon the diet; she did so for *two days*, and finding it depressing went back to her old habits, because "she was sure the diet would not suit her!" She must have been either one of the strange mortals who "enjoy" bad health, or her sufferings could not have been very acute, if they were easier to bear than a few days of depression.

This book is simply a cookery book for the diet; it is not its province to explain the medical foundations of the "Uric-acid-free" diet, which are explained in the scientific writings of its Originator. The writers have, however, thought it advisable and helpful to give the following extracts from a useful leaflet by the Author of the System:

"It is just as impossible to keep up strength and nutrition without nitrogen as without oxygen.

" We generally depend for our nitrogen upon substances containing albumens, and it is the habit of this country at the present day to get it almost entirely from animal albumens, in ignorant disregard of the poison that animal tissues contain.

" It can be calculated from the data given in works on Physiology that a man, in order to get enough nitrogen, must be supplied with from 8 to 11 grs. of albumen per day for each pound of body weight. Children require more; thus a child of 35 lbs. weight may require as much as an adult three times its weight, and this gradually diminishes until the adult standard is reached, while old and sedentary people may require considerably less than the adult allowance.

" And now, applying the rule of the relation of albumen to body weight :

" A young adult weighing (after deducting weight of clothing) ten stone, or 140 lbs., and leading a hard-working life, would have to consume $140 \times 10 = 1400$ grs. of albumen per day, and these might be got as follows :

" 17 ozs. bread (8 per cent. albumens = 34 grs. per oz.)	.	.	= 578 grs.
" 2 pints milk (3 per cent. albumens = 13 grs. per oz.)	.	.	= 525 grs.
" 1 oz. cheese (33 per cent. albumens = 140 grs. per oz.)	.	.	= 140 grs.
" 2 ozs. rice (5 per cent. albumens = 21 grs. per oz.)	.	.	= 43 grs.
" 12 oz. vegetables and fruit (2 per cent. albumens = 8 grs. per oz.)	.	.	= 114 grs.
			<hr/>
			1400 grs.

“If this man lives and works in the open air, he may have such a good appetite for bread, macaroni, rice, potatoes, nuts and fruit, that no milk and cheese will be required ; but those who live in towns and are more sedentary, will generally require to add these latter to a greater or less extent.”

A few hints on cooking have also been given, as most of the dishes depend largely upon their careful preparation for their appetising properties. When the comparatively small range of foods which the diet allows is remembered, the difficulties of the authors in arranging the combination of foods and vegetables will be appreciated. In vegetarian cookery the range is much larger, hence the number of recipes which the books can boast. But if they were debarred from using the yolks of eggs, asparagus, mushrooms, and the whole of the pulses in their savouries, and chocolate and coffee in their sweets, the number of recipes would be considerably diminished.

The authors are indebted to various friends for certain recipes, which they have kindly supplied, and which have been adapted to the diet ; and especially to their respective cooks, for the intelligent interest and patience which they have shown in the working out of all the recipes.

HINTS ON COOKING.

It is as necessary to most people that their food should look nice as that it should have an agreeable taste ; and although on this diet the cook has not the materials for much show, it is all the more important that she should make the best of what she has. If care is taken in following the recipes given, both the eye and the palate will be gratified ; and the cook will have the satisfaction of knowing that the result is mainly due to her careful cooking. Indeed, this diet, though it would seem at first sight to give the cook but few opportunities for showing her talents, yet gives her every chance of exercising both her taste and her ingenuity.

As milk enters largely into the dishes which she has to prepare, one of the first things to impress upon the cook is the keeping of it fresh and sweet. It must never remain uncovered in the larder, as it will immediately take the flavour of anything that happens to be near it ; and if it is put in the ice chest in hot weather, it must never be placed in the same compartment with either fruit or vegetables. Strawberries will impart a very disagreeable flavour to milk, if it stands uncovered anywhere near them ; any article of food that has the least smell will spoil its flavour, so that the only remedy is to keep milk carefully covered.

The greatest possible care should also be taken with the saucepans, &c., in which it is cooked. Aluminium saucepans are the best for this purpose, for the milk is not so liable to burn in them as it is in enamelled saucepans, and they are much easier to keep clean. Although the first cost is much greater than the enamelled saucepans, in the end they are certainly cheaper, for there is no enamel to wear off or become cracked. The cook must remember in cleaning them that no soda must be used or they will turn black ; if they are allowed to remain in plain water, there will be no difficulty whatever in cleaning them. They are to be bought at the Army and Navy Stores, or from any good ironmonger.

The French fireproof ware will be found very good in the cooking of all dishes in which milk is used, and for stewing fruit. The "Marmites" have the advantage of being cheap, and also of being very easily kept clean. The fireproof china dishes, &c., are a little more expensive, but they look very nice, and various savoury dishes which are sent to table in the utensils in which they are cooked look best when served in them. The milk boilers for use at table—which cannot boil over—are made in this ware, and are admirable in every way. A very good selection of these useful utensils is always to be found at the Army and Navy Stores. Double pans will also be found very convenient. Indeed, for the cooking of porridge and the preparation of many of the dishes containing milk for which recipes are given, they may almost be termed indispensable. The danger of burning is avoided, and only careless stupidity in neglecting to keep the outer pan filled with water could produce

that most disagreeable of dishes, burnt porridge. The pans are now quite inexpensive, and can be procured at any good ironmongers.

Soups made with milk, if carefully prepared, are delicious; and many meat-eaters confess that they like them quite as well as those made from stock prepared in the usual way. They are especially valuable on this diet, for the patient takes part of the milk prescribed in this agreeable way. All the soups for which recipes are given are made with milk, except a few; and those have cheese amongst the ingredients, which brings them up to the milk soups in nourishing value. *Care must be taken to follow out the recipes exactly if the soups are to be successful.*

Cheddar cheese must always be used where it is given in the recipes, for if Parmesan and various other cheeses are substituted, they will become a sticky mass at the bottom of the tureen. Onions must always be fried when the direction is given; for if this detail is neglected, it will make all the difference between success and failure in the flavour of the soup. The thickening of the soups is also a very important matter; and when it is possible, brown or white roux—according to the colour of the soup—should always be used instead of flour. Full directions for making these thickenings for soups, sauces, and gravies are given; and when the cook has once realised the immense saving in time, and the improvement to her soup in flavour, where roux is used, she will not grudge the half-hour or so spent in preparing it, say, once a month. Many cooks, and writers upon cookery, say that the difference in flavour when a soup or sauce is thickened with roux instead of flour

is as great as the difference between baked and raw pastry! This illustration may be exaggerated, but the difference is undoubtedly very great; and as every help is required to make the soups palatable, cooks will do well always to keep on hand a stock of white and brown roux. Some housekeepers may think its preparation extravagant, but if the dabs of butter and the flour thickenings—many of them half wasted—which are generally used to thicken soups and sauces, were all added up, the extravagance would certainly be on the side of the latter methods. When soups, sauces, or gravies require to be browner than the brown roux, or fried onion makes them, a little Parisian Essence is the best browning to use for this purpose. It is simply burnt sugar sold at all grocers by that name, and will be found much more convenient and economical than any home-made preparation.

There is another important thing in connection with soups that the cook should always bear in mind, and that is the seasoning. Soup, while it should always be tasty, should never be highly seasoned. Ground pepper should never be used, as mistakes are very liable to occur, and the soup made too hot. If peppercorns—black or white according to the colour of the soup—are used, the agreeable flavour of the pepper is given, without any fear of the soup being spoiled by being too hot. Ground pepper has another disagreeable property when used in soups; it sinks to the bottom, and the last person served often gets more than his share. A cook must remember that there is a wide difference between the seasoning of sauces and soups. A sauce or gravy must always be well seasoned, as it is intended as

a relish, and unless it is distinctive, it does not serve its purpose; but the same seasoning in a soup, which is taken in larger quantities, would be quite out of place, and very disagreeable.

Perhaps the most important item in this diet is the bread, and no pains should be spared to have it of the best, and of various kinds. Baker's bread, when it is good, is very useful for toast and bread-crumbs; but bread to eat with other foods is best when home-made.

The American bread-maker, mentioned in the recipe for bread, is a most valuable invention. It is called "The 'Three Minutes Bread-Maker,'" and can be obtained from the Stores or any good ironmonger; it really kneads the bread perfectly in that time. If the instructions given in recipe No. 385 are carefully followed, the result will be really good and appetising bread, which keeps good for a week. Many experiments were made before the amount of yeast, &c., was decided upon; and in the recipe the least possible quantity, consistent with light bread, is given. Bread keeps better if made in tins; but if it is to be eaten within three days after making, it may be made into round loaves and baked on the oven shelves.

All pieces of bread, and crusts cut from toast, provided that these are not burnt, should be saved, and every two or three days they should be put in a tin in the oven—which must not be too hot—and baked until they are a light brown all through. They should then be crushed with a rolling-pin on a pastry-board until they are quite fine, and put away in a biscuit or other covered tin, which should be kept for that purpose.

Another preparation of dried bread-crumbs, called

“Rusk-crumbs,” will also be found very useful. Recipes for many dishes are given in which these raspings and rusk-crumbs are used, and it is well to have a supply always on hand.

The “Apsley Rusks” are a grateful change from bread and toast when carefully prepared according to the recipe given. The cook must not however be sparing of her trouble, for if the bread is not cut thin the result will not be good.

Various recipes are given for the making of paste for tarts, &c., which can be made with either butter or “Albene.” “Albene” is a nut butter, excellent for all cooking purposes, and can be procured from Messrs. Broomfield and Co., 83 Upper Thames St., E.C. It is cheaper than salad oil for frying, and makes very good pastry. Recipe No. 397 for Puff paste is a very old recipe, which has been used in one of the authors’ family for over a hundred years. It is a lesson to the modern housewife in care and patience ; but the result is so excellent that it is quite worth the little extra trouble bestowed upon it. The only alteration that has been made in the original recipe is the addition of baking-powder, which can be left out if desired. It is the best description of the method of making paste that the authors have met with ; and with this, many cooks, who have used it, quite agree.

Frying is an art in which it is necessary for all cooks to excel ; and it is really a very simple process if a little thought and common sense are brought to bear upon it. The great thing is to have the fat at the right temperature, so that a coating is immediately formed round the substance fried, to prevent the fat, soaking

into it, which would cause it to be greasy and indigestible. The fat should be quite still before the article to be fried is put into it. Cooks soon learn the exact moment it is ready; but the inexperienced will find it a great help if, when they think the fat is hot enough, they put in it a small piece of bread. If the bread immediately takes a pale yellow colour, and is crisp, the fat is ready, and should be used at once. An inverted sieve placed on a plate on the stove should always be ready to receive the article that is fried. The fat then drains away immediately, and leaves the article crisp.

It is well to mention the error which many cooks fall into in the cooking of macaroni, and all Italian pastes, by soaking them. All Italian pastes should be thrown into plenty of boiling water, and boiled as quickly as possible for some minutes, no matter how they are to be cooked after. The time to boil them in this way depends on the kind of macaroni, &c. Genoa macaroni takes half an hour in water, and Naples only twenty minutes; the smaller kinds according to size, vermicelli taking only five minutes. This boiling in water must always precede the cooking in milk, gravy, &c., if the macaroni is to be a successful dish.

Onions are a most useful and appetising addition to many dishes, especially on this diet; but many people find that they disagree with them. If, however, the cook before using them for any dish would first put them into cold water and bring them quickly to boiling-point, and let them boil for two or more minutes, according to the size of the onion, they would then be found to agree with the most delicate

digestion. This should be done first, no matter how the onions are to be cooked afterwards; and, of course, they must be well drained before proceeding to do anything else with them.

One often hears complaints about the salad oil for salads; often, however, it is not the oil which is to blame at all, but the vinegar. Malt vinegar should never be used with oil, for it imparts an exceedingly disagreeable flavour to the salad, for which the oil is often blamed. If the same oil is used in conjunction with French vinegar the flavour will generally be found to be quite right. The best oil should always be used for salads, &c.; there is another oil for frying quite good enough for the purpose, and much cheaper.

Care should be taken in mixing salads to use *as little vinegar as possible*. The recipes give the proportion, but some people would be better with even less; because it is the vinegar in the salad which generally disagrees with people. Let the lettuce be quite dry—it should be tossed in a cloth after washing and draining—and it must be torn with the fingers into suitable pieces for eating. *Lettuce should never be cut*. A bit of onion should always be added, but care should be taken that it is finely minced in the bowl in which the salad is mixed. It is best scalded first if the salad is for a delicate person.

A nut mill is almost a necessity for any one living on this diet; for even if nuts are not largely used, almonds for flavouring are always better for going through the mill before they are pounded. The nut mills supplied by T. J. Bilson and Co., 88 Gray's Inn Road, London, W.C. have been found by the authors to be very good.

There are a few things that should never be neglected by cooks who prepare the food for this diet, which may be enumerated as follows :

Don't neglect — To weigh the articles carefully, in the proportions given in the recipes.

„ „ To fry onions well for flavouring.

„ „ To skin tomatoes whenever the recipe prescribes it.

„ „ To wash and dry lettuces well for salad.

„ „ To tear and not cut lettuce.

„ „ To scald and mince the onion well for salads.

„ „ To wash all vegetables with the greatest care.

„ „ To keep all utensils perfectly clean.

FOOD VALUES

COMPILED FROM ATTWATER'S TABLES

ARTICLE.	Proteid per cent.	Grains Proteid in 1 oz.	ARTICLE	Proteid per cent.	Grains Proteid in 1 oz.
EGG, MILK, &c.			Hominy . . .	8.3	33
Butter . . .	1.0	4	Macaroni . . .	13.4	58
Buttermilk . . .	3.0	12	Oatmeal . . .	16.1	66
Cream . . .	Nil	Nil	Rice . . .	8.0	32
Milk, whole . . .	3.3	13	Rice Flour . . .	8.6	36
Milk, condensed . . .	8.8	35	Rolled Oats . . .	16.7	70
White of Egg . . .	12.3	65	Rye Flour . . .	6.8	28
CHEESES.			Sago . . .	9.0	36
American . . .	28.8	124	Spaghetti . . .	12.1	50
Cheddar . . .	27.7	120	Vermicelli . . .	10.9	45
Cheshire . . .	26.9	116	Wheat, entire . . .	13.8	58
Cream . . .	25.9	112	Wheat, flaked . . .	13.4	56
Dutch . . .	37.1	168	Wheat, Graham . . .	13.3	55
Fromage de Brie . . .	15.9	68	Wheat, shredded . . .	10.5	45
Limburger . . .	23.0	98	BREAD, BISCUITS, &c.		
Neuchatel . . .	18.7	82	Breadcorn (Johnny Cake) . . .	7.9	32
Roquefort . . .	22.6	98	Cracker Cream . . .	9.7	45
Skimmed Milk . . .	31.5	135	Cracker Water . . .	11.7	50
Swiss Gruyère . . .	21.6	120	Graham Bread . . .	8.9	36
GRAIN, FLOUR, MEAL, &c.			Macaroon . . .	6.5	28
Barley Meal and Flour . . .	10.5	45	Rye Bread . . .	11.9	45
Buckwheat Flour . . .	6.4	25	White Bread . . .	8.0	34
Corn Flour . . .	7.1	28	" " biscuit . . .	9.8	43
			" " home-made . . .	9.1	41
			" " milk . . .	9.6	45
			" " Vienna . . .	9.4	42
			Vanilla Wafer . . .	6.6	28
			Zwieback, or Rusk . . .	9.8	45

ARTICLE.	Proteid per cent.	Grains Proteid in 1 oz.	ARTICLE.	Proteid per cent.	Grains Proteid in 1 oz.
VEGETABLES.					
Artichoke	2·6	9	Nectarine	0·6	—
Beet, cooked	2·3	9	Orange	0·8	—
Cabbage	1·6	6	Pear	0·6	—
„ curly	4·1	18	Pineapple	0·4	—
„ sprouts	4·7	18	Plum	1·0	4
Carrot	1·1	4	Pomegranate	1·5	4
Cauliflower	1·8	6	Prune	0·9	—
Celery	1·1	4	Raspberry, red . . .	1·0	4
Corn, green	3·1	12	Strawberry	1·0	4
Cucumber	0·8	—	Water Melon	0·4	—
Horse-radish	1·4	4	Wortleberry	0·7	—
Olive	1·1	4			
Onion	1·6	6	FRUITS (DRIED).		
Parsnip	1·6	6	Apple	1·6	4
Potato	2·2	9	Apricot	4·7	18
„ cooked, boiled . .	2·5	9	Citron	0·5	—
„ „ chipped	6·8	28	Currant Zante . . .	2·4	9
„ „ mashed	2·6	9	Date	2·1	9
„ sweet, raw, or fresh	1·8	6	Fig	4·3	18
Radish	1·3	4	Pear	2·8	9
Rhubarb	0·6	—	Prune	2·1	9
Sauerkraut	1·7	6	Raisin	2·6	10
Spinach, fresh . . .	2·1	9			
Tomato	0·9	—	FRUITS (CANNED AND PRESERVED).		
Turnip	1·3	4	Apple, Crab	0·3	—
FRUITS (FRESH).			„ Sauce	0·2	—
Apple	0·4	—	Apricot	0·9	—
Apricot	1·1	4	Blackberry	0·8	—
Banana, yellow . . .	1·3	4	Blueberry	0·6	—
Blackberry	1·3	4	Cherry	1·1	4
Cherry	1·0	4	Cherry Jelly	1·2	4
Cranberry	0·4	—	Fig, stewed	1·2	4
Currant	1·5	4	Marmalade Orange-peel	0·6	—
Fig, green	1·5	—	Peach	0·7	—
Grape	1·3	4	Pear	0·3	—
Huckleberry	0·6	—	Pineapple	0·4	—
Lemon	1·0	4	Prune Sauce	0·5	—

FOOD VALUES

xxvii

ARTICLE.	Proteid per cent.	Grains Proteid in 1 oz.	ARTICLE.	Proteid per cent.	Grains Proteid in 1 oz.
Strawberry . . .	0·7	—	Cocoa . . .	5·7	20
Tomato Preserves . .	0·7	—	„ prepared . . .	6·3	24
			Filbert . . .	15·6	60
			Hickory . . .	15·4	60
			Lichi . . .	2·9	12
			Pecan . . .	9·6	38
			Pine Kernel, Pinon . .	14·6	58
			„ Pignolias . .	33·9	146
			„ Piniones . .	6·7	28
			Pistachio . . .	22·8	95
			Sabin Pine Nut . .	28·1	112
			Walnut . . .	18·4	79
			„ Californian . .	27·6	118
NUTS.					
Almond . . .	21·0	92			
Beech . . .	21·9	92			
Biotes (Acorn) . .	8·1	36			
Brazil . . .	17·0	73			
Butter . . .	27·9	116			
Chestnut, fresh . .	6·2	28			
„ dried . . .	10·7	45			

SOUPS AND PURÉES.

1. Artichoke Soup (No. 1).

Ingredients.

One quart of Milk.	Three Bay leaves.
Three pounds of Artichokes.	One gill of Cream.
Two Spanish Onions.	One lump of Sugar.
Pepper to taste.	

Peel and slice the onions and throw them into cold water and let them come to a boil as quickly as possible ; let them boil fast for three minutes, then drain the water from them. Boil the artichokes until they are tender in the milk, with the onions and lump of sugar. Pass all through a sieve, then return to the saucepan with the bay leaves and pepper, and simmer for half an hour ; add the cream last thing. Serve very hot with croûtons.

2. Artichoke Soup (No. 2).

Ingredients.

One pound and a half of Artichokes.	One dozen and a half white Peppercorns.
One quart of Milk.	A tablespoonful of white Roux, or
Three quarters of an ounce of Butter.	a small teaspoonful of Corn Flour.
Six ounces of Onions.	

Fry the onion in the butter until it becomes a nice yellow, but it must not get brown. Put the pepper-

corns in the milk and bring it to boiling-point. Then add the onions, and let them simmer for an hour. In the meantime boil the artichokes until quite tender, which should be in twenty minutes or half an hour; rub them through a sieve, with the onion which has been stewed in the milk. Strain the milk, and stir it into the artichoke until it is quite smooth.

Now return the soup to the pan and let it boil up; thicken it with the white roux, or the corn flour which must have been first mixed smoothly with a very little cold milk. (See "Hints on Cooking.") Boil the soup up again, and serve either with croûtons or toasted bread cut in dice.

3. Barley Cream Soup.

Ingredients.

One quart of Milk.
Two ounces of Butter or Albene.
One gill of Cream.
Two ounces of Pearl Barley.

Two Onions.
One Carrot, three Turnips, four
Peppercorns, two Bay leaves.

Prepare the vegetables and fry them in the butter for ten minutes, then add them to the milk with the bay leaves and peppercorns, sprinkle in the barley, and let it cook slowly for four hours in a double saucepan, removing any scum that rises; pass through a fine sieve (do not press it), return to the saucepan, and add the cream, and simmer for a few minutes; serve with sippets. Add a little more milk if too thick.

4. Carrot Soup (No. 1).

Ingredients.

One pound of Carrots.	Four ounces of Onion.
One quart of Milk.	A tablespoonful of white Roux or
Three-quarters of an ounce of	a teaspoonful of Corn Flour.
Butter.	One dozen white Peppercorns.

Wash and scrape the carrots, and boil them until tender in plenty of salted water; they will take from half an hour to two hours, according to age. Put the milk with the peppercorns, loosely tied in muslin, in a saucepan to get hot on the stove. Fry the onion in the butter until a very pale yellow (it must not brown), add it to the milk, and let it boil up, and then simmer for an hour. Rub the carrots through a sieve. Remove the peppercorns from the milk—squeezing the muslin well in doing so to extract the flavour. Pour the milk through the sieve and rub the onion through. Mix smoothly, and return the soup to the saucepan and boil it up. Thicken with either the white roux or the corn flour. If the corn flour is used, be careful to mix it smoothly first with cold milk. Then boil up again, and serve with either fried croûtons or toasted bread cut in dice.

5. Carrot Soup (No. 2).

Ingredients.

One pound of Carrots (red	Two Tomatoes.
part only).	One ounce of Butter.
One quart of Milk (boiling).	Pepper to taste.

Boil the carrots for half an hour in about a pint of water, then drain and allow them to cool; grate or

pound all the red part until quite smooth. Skin the tomatoes and cook with the butter in a small saucepan, and add to the carrot. Add all to the boiling milk (double saucepan), and let it simmer for three-quarters of an hour. Serve with fried bread.

6. Cauliflower Soup.

Ingredients.

One large or two small Cauliflowers.
One quart white Stock.

Boil the cauliflower in water until tender, but not broken. Keep little sprays of the white part to add to the soup before serving; add the rest to the stock and simmer for ten minutes, then put it through a wire sieve. Return to saucepan, add the sprays of cauliflower, make very hot, and serve.

7. Celery Soup (No. 1).

Ingredients.

Four large heads of Celery.		Cayenne Pepper and Nutmeg to
One and a half pints of Milk.		taste.
One tablespoonful of Cream de riz.		Quarter of a pint of Cream.

Well wash the celery and cut it up into small pieces. Boil it in the milk until quite tender (one hour in double saucepan), then pass through a sieve, return to the saucepan and add pepper, nutmeg, a pinch of sugar. Let it simmer for a quarter of an hour, then add the cream about five minutes before serving, but do not let it boil. Serve with croûtons or parsley balls.

8. Celery Soup (No. 2).

Ingredients.

One good head of Celery.	A tablespoonful of white Roux
One quart of Milk.	or a teaspoonful of Corn
One dozen white Peppercorns.	Flour.
Half an ounce of Butter.	Two ounces of Onion.

Wash a good sized head of celery and cut it up into pieces two inches long. Put it into a saucepan with the milk and the peppercorns tied in a muslin, leave room for the milk to get into the muslin so that the flavour of the pepper can be extracted. Let it get hot on the stove. In the meantime fry the onion in the butter a pale yellow—it must not brown—and add it to the milk. Let it boil, then simmer until the celery is tender, which should be in an hour or less. Remove the peppercorns, and rub the whole through a sieve. Return to the saucepan and boil up. Thicken with either the roux or corn flour. If the corn flour is used, it must be first smoothly mixed with a very little cold milk. (See “Notes on Cooking.”) Serve with croûtons of fried bread.

9. Celery Soup (Brown).

Ingredients.

Three nice heads of Celery.	Half a pint of Cream.
One Spanish Onion.	One quart of Milk.
Three Bay leaves.	

Well wash the celery, and use only the white parts: scald the onion, and fry the celery and onion in a little butter or Albene until a nice brown colour. Put a pint and a half of the milk into a double saucepan, and

when it boils put in the fried celery and onion, and keep it boiling until the mixture becomes a pulp. Then pass through a sieve, and add the cream to the mixture. While these have been cooking the other half-pint of milk should have been boiling separately with the bay leaves ; take out the bay leaves and add the milk to the rest of the mixture, also a little pepper. Put all back into the saucepan to get very hot, and serve.

10. Cheese Soup.

Ingredients.

Eight tablespoonfuls of grated dry Cheddar Cheese.	One and a half ounces of Butter.
Four tablespoonfuls of Bread- crumbs.	Four ounces of Onions.
	One quart of Water.
	One spot of Parisian Essence.
Twelve black	Peppercorns.

Slice the onions and throw them into a saucepan of cold water, let them boil up very quickly, then drain them and mince them finely and fry them in the butter ; they must be a nice rich brown, but must not on any account burn. Now add the water, which must be boiling, and the pepper tied loosely on a bit of muslin ; let them boil up quickly and simmer for half an hour. Mix the bread-crumbs and cheese and put them at the bottom of a warm soup tureen. Remove the muslin containing the peppercorns from the soup, and squeeze well to extract all the flavour. Add a spot of Parisian Essence. Boil up again and pour over the breadcrumbs and cheese in the tureen, stirring all the time the soup is being poured in. Let the tureen remain one minute before the fire, and if any skin forms on the top it should be removed carefully before serving ; this, how-

ever, should be done very quickly as the soup must be served very hot. Parisian Essence is simply burnt sugar, which is sold under that name at all grocers; it is much more convenient and economical than a home-made preparation. (See "Hints on Cooking.")

11. Cucumber Purée.

Ingredients.

Two large Cucumbers.	One tablespoonful of grated
One quart of Milk.	Onion.
One ounce of Butter.	One tablespoonful of Cream.
One and a half ounces of Flour.	Pepper to taste.

Peel and cut the cucumber into two-inch lengths (remove the seeds if old cucumbers are used). Put the milk into a double saucepan and bring it to the boil, then add the cucumber and let it cook for twenty minutes; add the onion, pepper, and butter. Mix the flour to a smooth paste in a little cold water; add this and allow all to boil for ten minutes, stirring all the time. Let it stand for a few minutes, add the cream, and serve with fried croûtons.

12. Leek Soup (White).

Ingredients.

Four Leeks.	One tablespoonful of white
One quart of Milk.	Roux, or a dessertspoonful
One ounce of Butter.	of Corn Flour.
Twelve white Peppercorns.	Four Cloves.

Prepare the leeks exactly as in the following recipe until the frying in the butter, when they must not be allowed to get brown, only a light yellow. Then add

them to the milk, which must have been heating on the stove, with the white peppercorns tied loosely in muslin. Let them boil up, and then simmer for an hour. Remove the cloves and peppercorns. Thicken with either the white roux or the corn flour. If the corn flour is used it must be first mixed smoothly with a little cold milk. (See "Hints on Cooking.") Let it boil up, and serve with toasted bread cut in dice.

13. Leek Soup (Brown).

Ingredients.

Four Leeks.	One and a half ounces of
One quart of Water.	Butter.
Eight tablespoonfuls of grated	One spot of Parisian Essence,
dry Cheddar Cheese.	Twelve black Peppercorns.

Remove the outer leaves and trim the roots of the leeks. Divide them lengthwise into quarters, and cut them into pieces an inch long. Wash them quite free from grit—be very careful about this as they are difficult to wash. Put them into cold water and bring them quickly to boiling-point; let them boil three minutes. Drain them, and fry a light brown in the butter. Now put them in a saucepan with the water and the black peppercorns loosely tied in muslin; let them boil up quickly and then simmer gently for an hour. Remove the peppercorns and squeeze the muslin well, to extract all the flavour. Put the grated cheese at the bottom of a warm soup tureen. Pour the soup, which must have boiled up again, over the cheese, stirring all the time, and serve with toasted bread cut in dice.

14. Macaroni Soup (No. 1).

Ingredients.

One quart of Milk.

Half a pound of Macaroni.

One ounce of Butter.

Pepper to taste.

Boil the macaroni in half a pint of water for twenty minutes, then drain and cut in half-inch lengths. Boil the milk (in a double saucepan) with the butter and pepper, thicken with two tablespoonfuls of barley flour or potato flour, add the macaroni, and cook for three-quarters of an hour.

15. Macaroni Soup (No. 2).

*Ingredients.*One and a half ounces of
Macaroni.

One quart of Water.

Eight tablespoonfuls of grated
dry Cheddar Cheese.

One and a half ounces of Butter.

Four ounces of Onions.

One spot of Parisian Essence.

Twelve black Peppercorns.

Break up the macaroni into two-inch lengths and throw it into plenty of fast boiling water, and let it boil quickly for an hour, when it will be tender enough to cut into small pieces about a quarter of an inch long. Slice the onions and put them in cold water, bring them to boiling-point as quickly as possible, then drain them and mince finely. Now fry them in the butter a nice brown—not too dark—and stir them into the water, which must be boiling. Add the black peppercorns tied in muslin, and simmer for half an hour. Take out the peppercorns and squeeze the muslin to extract all the flavour. Put in the bits of macaroni. Place the grated

cheese in a warm soup tureen. Boil up the soup and stir it into the cheese. Serve at once. Sparghetti or any other form of macaroni does just as well as pipe macaroni.

16. Mulligatawny Soup.

Ingredients.

Six tablespoonfuls of cold curried vegetables.		Three Bay leaves. One pint and a half of Water.
---	--	--

Any curried vegetables left over from the day before will come in nicely for this soup. Pass them through a sieve and put into a saucepan with the water. If the soup is liked very strong it will be well to add another teaspoonful of currie-powder; mix it in a little cold water first, then add to the mixture with the bay leaves and let simmer for about half an hour. Remove the bay leaves, and serve with plain boiled rice. Grated Parmesan cheese should be served with this soup.

17. Onion Soup (No. 1).

Ingredients.

Eight large Spanish Onions.		Two blades of Mace.
One quart of Milk.		Six Peppercorns.
		Three Cloves.

Take off the two outer skins of onions and scald with boiling water; put into a saucepan, with half a pint of water and half a pint of milk, the mace, peppercorns, and cloves, and boil for one and a half hours, then pass all through a sieve and put into the remainder of the milk (1½ pints), which should be boiling (in a double saucepan). Thicken with a tablespoonful of potato

flour, and serve very hot. A little butter and cream can be added if liked.

18. Onion Soup (No. 2).

Ingredients.

One large Onion.		Slice of Bread half an inch thick.
Two ounces of Butter.		One pint of vegetable Stock.

Cut the onion into dice, put into a stewpan with the butter, and fry a golden brown. Toast the slice of bread to the same colour, break into small pieces, and add to the onion with the stock. Simmer gently for thirty-five minutes.

Or,

Cut up an onion and fry a golden brown in a saucepan over a slow fire. Add a pint of boiling water and cook half an hour. Strain through a sieve, add two ounces of vermicelli, and cook twenty minutes. Pepper to taste. Grated Parmesan cheese should be served with both of these soups.

19. Onion Soup (No. 3).

Ingredients.

One pound of Onions.		One tablespoonful of white Roux.
One quart of Milk.		Half an ounce of Butter.
One dozen white Peppercorns.		

Slice the onions and throw them into cold water. Bring them quickly to boiling-point and let them boil for twenty minutes, then drain them. Now add them to the milk, which should be heating slowly on the stove, with the peppercorns loosely tied in a bit of muslin so that the flavour can be extracted more easily. Put in the butter and boil up quickly, then simmer very slowly

for half an hour. Remove the peppercorns and pour into a sieve, rubbing all the onion through. Now return to the saucepan and thicken with the white roux, and let it boil up. Serve with toasted bread cut into dice.

20. Parsnip Soup.

Ingredients.

One pound of Parsnips.
Two ounces of Onions.
Three sticks of Celery.
One quart of Milk.

One ounce of Butter.
A tablespoonful of white Roux,
or a bare dessertspoonful of
Corn Flour.

One dozen white Peppercorns.

Slice the parsnips and the onions, cut the celery into two-inch lengths. Put the parsnips in a saucepan to boil quickly for half an hour, then add the onions and celery for five minutes. Drain them carefully and put them in a dry stewpan with the butter and let them fry until the onion is a very pale yellow ; don't let any of the vegetables get brown. Now add the milk which must be boiling, and the peppercorns tied loosely in a bit of muslin. Let them stew very gently for an hour, then pour into a wire sieve and rub all the vegetables through, first removing the peppercorns. Return the soup to the pan, and stir until quite smooth. Thicken with either white roux or corn flour. If corn flour is used, mix first with very little cold milk. Let the soup boil up again. Serve with toasted bread cut into dice.

21. Potato Soup (No. 1).

Ingredients.

One and a half pints of Milk.
Three Bay leaves.

Three large Onions.
Two tablespoonfuls of Cream.

Three-quarters of a pound of Potatoes.

Boil the potatoes together with the onions (which must first be scalded) in one pint of water for three-quarters

of an hour, then pass through a sieve. Add to them the boiling milk (in a double saucepan) with the bay leaves, and simmer for half an hour. Add the cream last thing and serve with fried croûtons.

22. Potato Soup (No. 2).

Ingredients.

Two pounds of Potatoes.
One Onion.
One Leek.
Head of Celery.
One ounce of Butter.

Pint and a half of Water.
Half a pint of Milk.
Three tablespoonfuls of
Tapioca.
Pepper to taste.

Peel and slice the potatoes. Scald the onion in boiling water. Clean and take away all the outside and green part of the leek, also the outside of the celery, and put all into a stewpan with the butter. Let them all cook for an hour and a half without burning—shake the pan constantly to prevent this—add the water, and cook until soft. Rub through a sieve and put them back into the pan with the milk. Let it come gently to boiling-point, and then sprinkle in the crushed tapioca and boil for another quarter of an hour. More milk may be added if required.

23. Potato Soup (No. 3).

Ingredients.

Four large Potatoes.
Four ounces of Onion.

One quart of Milk.
One ounce of Butter.
Pepper.

Choose four potatoes weighing quite a pound. Wash and scrub them well and bake them in their skins.

They will take quite an hour in a hot oven. Now squeeze out the potato into a sieve, and rub it through. Slice the onion and throw it into cold water; bring it to boiling-point quickly, then drain at once, and fry a pale yellow in the butter. Add to it the milk and boil up quickly, then let it simmer for half an hour. Pour it into the sieve which the potatoes have been rubbed through, and rub all the onion through also. Stir it carefully so that no lumps remain and return it to the saucepan. Add pepper to taste and boil up, stirring all the time. Serve with toasted bread cut into dice.

24. Potato Soup (Brown).

Ingredients.

One quart of Milk.	
One pound of Potatoes (cold will do).	One Spanish Onion (peeled and scalded with boiling water). Pepper to taste.

Fry the potatoes and onions together in a little Albene until a dark brown (about one hour), but not burnt. Pass all through a wire sieve, then add to the boiling milk (in a double saucepan), and let it simmer for half an hour. Add a little colouring if needed.

25. Purée Blanc.

Ingredients.

Six large Potatoes.		One quart of Milk.
Three large Onions.		One ounce of Butter.
One tablespoonful of Cream.		

Put the milk into a double saucepan, prepare the potatoes and onions (scald the latter), and add to the

milk with a little pepper and nutmeg. Let them simmer gently until the vegetables are thoroughly cooked. Pass all through a sieve and put in double saucepan and boil again; add the butter and cream, and serve with fried croûtons. A little parsley may added if liked, and this soup is very good made with half water and half milk.

26. Rice and Tomato Soup.

Ingredients.

One tablespoonful of Rice.
One pound of Tomatoes.
Four ounces of Onions.

One quart of Milk.
One ounce of Butter.
One dozen white Peppercorns.

Throw the rice into plenty of slightly salted water, and let it boil slowly for twenty minutes or until tender. It should boil quickly for two or three minutes at first. Drain it, and keep it warm until it is wanted. Slice the onions and throw them into cold water, let them first boil and then drain them. Now fry them in a stewpan in the butter, a very light yellow. Slice the tomatoes and add them to the onions, and let all simmer slowly—so that the mixture will not become dry—for half an hour. The milk—with the peppercorns tied loosely in muslin—must in the meantime be heating on the stove. Let it boil up before adding it to the onion and tomato, when all should simmer together for a quarter of an hour. Remove the peppercorns, squeezing the muslin well to extract all the flavour; pour all into a sieve and rub the tomato and onion through. Mix smoothly and return to the pan. Add the rice, with salt to taste, and let all boil up together. Serve very hot.

27. Salsify Soup.

Ingredients.

One pound of Salsify.	One tablespoonful of white
One quart of Milk.	Roux.
Half an ounce of Butter.	One dozen white Peppercorns.

Scrape the salsify and throw them into cold water in which a little vinegar has been put ; let them remain until required. Boil them in lightly salted water until tender, which should be in an hour, when they must be rubbed through a sieve. Put the peppercorns in the milk and let it boil, then simmer very slowly for half an hour. Strain out the peppercorns, and add the milk slowly to the salsify, mixing well. Now return to the saucepan, and boil up. Add the white roux and boil again. Serve with croûtons of fried bread.

28. Spinach Soup.

Ingredients.

Four tablespoonfuls of boiled	One ounce of Butter.
Spinach.	One tablespoonful of white
Two ounces of Onion.	Roux.
One quart of Milk.	One dozen white Peppercorns.

Prepare the spinach as follows : Wash well in three or four waters, always lifting the spinach from the water with the hands to let the sand drop to the bottom of the pail. Boil it in as little water as will keep it from burning and stir frequently ; it will take from ten to fifteen minutes to cook, according to age. Drain it and rub through a sieve. What is left over after the soup is made can be used for one of the other spinach dishes for which recipes are given.

Slice the onion, throw it into cold water, bring it quickly to boiling-point, then drain carefully and fry it in the butter a pale yellow. Now put it in the milk, which must have boiled with the peppercorns. Let all simmer together for half an hour, then strain out the onion and peppercorns, and add the milk to the prepared spinach. Mix smoothly and boil up. Thicken with white roux. Serve with fried croûtons of bread.

29. Spinach (Purée of).

Ingredients.

A pint of Spinach Pulp.		Two ounces of Butter.
		Pepper.

Boil the spinach as in preceding recipe, and when it is tender rub it through a sieve. Put the pulp in a saucepan with the butter and pepper. Stir it over the fire until it is quite hot. Serve with croûtons.

30. Stock for White Soup.

Ingredients.

One quart of Milk.		One ounce of Butter.
Two ounces of Barley Flour.		Pepper to taste.

Well mix the barley flour with a little cold milk until quite smooth. Let the milk be boiling (in a double saucepan), add the barley flour, butter, and pepper, and boil until it thickens.

31. Swiss Soup.

Ingredients.

One large Carrot.	Two Artichokes.
One large Leek.	Half a Cauliflower.
Two Turnips.	One quart of Milk.
Six Brussels Sprouts.	Two tablespoonfuls of Cream.

Prepare the vegetables and cut with fancy cutter, and boil carrot, turnips, leeks, and artichokes together in half a pint of water till soft, but not broken; then add the sprouts and cauliflower for five minutes. Strain the vegetables, taking care not to break them, but save the water they were boiled in and add it to the boiling milk (in a double saucepan), thicken with two tablespoonfuls of barley flour (or white flour); add the vegetables and cream last thing.

32. Tomato Soup (No. 1).

Ingredients.

One pound of Tomatoes.	One dozen white Peppercorns.
Four ounces of Onions.	One tablespoonful of white Roux
One quart of Milk.	or bare dessertspoonful of
One ounce of Butter.	Corn Flour.

Slice the onions and throw them into cold water, bring them quickly to boiling-point, then drain them carefully. Now fry them a pale yellow in the butter. Cut the tomatoes in halves and put them in a stewpan, add the fried onion, and simmer them for half an hour gently so that they will not get dry. Boil the milk with the peppercorns; as soon as it has boiled, let it simmer for half an hour, then strain. Rub the tomato and onion through a sieve, add the boiled milk, and

mix well. Return to the saucepan, and thicken with either white roux or corn flour. If the corn flour is used it must be first mixed smoothly with a little cold milk and added to the soup when almost boiling. Boil up again. Serve with croûtons of fried bread.

33. Tomato Soup (No. 2).

Ingredients.

Two pounds of Tomatoes.	One tablespoonful of chopped
One large Onion.	Parsley.
One quart of Milk.	One tablespoonful of Flour.
One ounce of Butter.	Pepper to taste.

Cut up the tomatoes and onions (scald well first) and cook in half a pint of water until tender, then pass through a sieve. Boil the milk in a double saucepan, thicken with one tablespoonful of flour (mixed into a smooth paste in a little cold milk first), add to the milk a little parsley and the tomatoes and onions and make very hot, but do not boil. Serve with macaroni and fried bread.

34. Tomato Soup (No. 3).

Ingredients.

One pound of Tomatoes.	Four Bay leaves.
One ounce of Butter.	Very little Nutmeg.
Two Onions.	One dessertspoonful of white
One pint and a half of Milk.	Roux.
Pepper to taste.	

Well scald the onions (see "Hints on Cooking"), and put them into a double saucepan with the milk and bay leaves. Let them cook slowly for two hours, then take out the onions and bay leaves and thicken with

the roux. With half the butter add pepper and nutmeg, and stand the saucepan where it will keep very hot but not boil. Pour boiling water on the tomatoes, when the skin will come off easily, cut them into rather thick slices, and cook for fifteen minutes in a small saucepan with the other half ounce of butter. Add all together, make very hot, and serve with fried croûtons.

35. Tomato Soup (Brown).

Ingredients.

One pound of Tomatoes.	Eight tablespoonfuls of grated
Four ounces of Onions.	dry Cheddar Cheese.
One quart of Water.	One spot of Parisian Essence.
One and a half ounces of Butter.	One dozen black Peppercorns.

Slice the onions and throw them into cold water, bring them quickly to boiling-point, then drain them carefully. Now slice the tomatoes and fry them with the onions in the butter until they are a nice brown—not too dark. Add them to the water—which must be boiling—and the peppercorns, loosely tied in a bit of muslin. Boil up, and let them simmer for half an hour. Remove the peppercorns and pour the rest into a sieve, and rub the onions and tomato through. Now return to the saucepan, and boil up. Place the cheese at the bottom of a warm soup tureen, stir in the soup, and serve immediately.

Send either croûtons, or toast cut in dice, to table with the soup.

36. Tomato Soup (Green).

Ingredients.

One pint of hard green Tomatoes.
One teaspoonful of Bicarbonate of Soda.

One pint of Milk.
Half an ounce of Butter.
One tablespoonful of Flour.
Pepper to taste.

Cut the tomatoes into dice and put into a deep saucepan with a pint and a half of water; first bring the water to the boil. Let it boil again after the tomatoes are in. Have ready the soda and milk, put in the soda and then the milk, stir well, and bring to the boil. Well mix the butter and flour together; add this last thing with the pepper.

37. Tomato Purée.

Ingredients.

One pound of Tomatoes.
Two tablespoonfuls of Brown Gravy.

One ounce of Butter.
Pepper.

The gravy is made according to recipe for Brown Gravy. Slice the tomatoes into a stewpan, add the gravy and the butter, and let them boil up quickly, stirring occasionally. As soon as the tomatoes come to boiling-point cover the saucepan closely, and put it where it will not boil but stew very gently, as the tomatoes must not get dry. Stew for half an hour, and stir once or twice during the time. Rub through a sieve, and serve with toasted bread or croûtons. Tomato purée is used for so many dishes that it would be well to have a supply on hand during the hot

weather. Tomatoes should be very sparingly used during cold weather as the acid is liable to disagree with many people.

38. Turnip Soup.

Ingredients.

One pound of Turnips.
Two sticks of Celery.
One quart of Milk.
One ounce of Butter.
Four ounces of Onions.

One dozen white Peppercorns.
One tablespoonful of either white
Roux or a bare dessertspoon-
ful of Corn Flour.

Cut the turnips in quarters and let them boil quickly for half an hour, then drain them. Slice the onions, throw them in cold water, bring them quickly to boiling-point, then drain them immediately and fry them in the butter a pale yellow. Now add them to the milk, which must have been boiled with the peppercorns (tied in a bit of muslin). Cut the celery in two-inch lengths, and add that also with the turnips to the milk. Let all stew together until the turnip is tender, which should be in half an hour. Remove the peppercorns and pour into a sieve. Rub all the vegetables through and return to the saucepan. Thicken with either white roux or corn flour. If corn flour is used it must be first smoothly mixed with a little cold milk. (See "Hints on Cooking.") Boil up after the thickening has been added.

Serve with either croûtons or toasted bread cut in dice.

39. Turnips (Purée of).

Ingredients.

Two pounds of Turnips.		One ounce of Butter.
		Pepper

Boil the turnips until tender, which will be from half an hour to an hour and a half, according to age. Drain them very carefully and rub them through a sieve. Put them in a clean saucepan with the butter, and pepper to taste. Stir them over the fire until the butter has melted, and they are very hot.

40. Vegetable Soup (No. 1).

Ingredients.

Half a pound of Carrots.		One ounce of Butter.
Six ounces of Onions.		One tablespoonful of white
A small head of Celery.		Roux.
One quart of Milk.		One dozen white Peppercorns.

Cut the carrots in halves, then in two-inch pieces. Boil them in plenty of water for half an hour. Slice the onions and put them in cold water, let them boil up quickly, and then drain them. Fry them in the butter and add them to the milk, which must have boiled with the peppercorns (tied in a bit of muslin). Cut the celery into two-inch lengths and add that also to the milk with the carrots. Stew all together for half an hour after boiling. Remove the peppercorns, pour into a sieve, and rub all the vegetables through. Thicken with white roux. Boil up after adding the thickening. Serve with toasted bread cut in dice.

41. Vegetable Soup (No. 2).

Ingredients.

Two pounds of mixed Vegetables :	Potatoes.
Carrots.	Parsnips (very little).
Turnips.	Artichokes.
Leeks.	Celery.
Onions (scalded).	One and a half pints of Milk.
	Pepper to taste.

Boil all the vegetables together in half a pint of water until soft ; pass all through a sieve ; add to the boiling milk (in a double saucepan) and simmer gently for a half an hour.

42. Vegetable Marrow Soup.

Ingredients.

One pound of Vegetable Marrow.	One ounce of Butter.
Four ounces of Onions.	One quart of Milk.
Two large sprigs of Parsley.	One tablespoonful of white Roux.
The peel of a quarter of a Lemon.	One dozen white Peppercorns.

Slice the onions and throw them into cold water, let them boil up quickly, then drain. Now fry them a nice pale yellow in the butter. Cut the vegetable marrow in slices and add it with the fried onion to the milk, which must have boiled. Tie the sprigs of parsley together, put the lemon-peel and the peppercorns in a muslin, and add both to the milk. Boil up quickly, then simmer until the marrow is quite tender, which should be in half an hour. Remove the muslin with peppercorns and lemon-peel in it, squeeze it carefully to extract all the flavour. Take out the parsley ; pour the rest into a sieve, and rub the vegetable marrow and onion through. Return to the saucepan, thicken

with white roux. Boil up after the thickening is added.

Serve with croûtons of fried bread.

43. Vermicelli Soup (No. 1).

Ingredients.

One and a half ounces of Vermicelli.	Eight tablespoonfuls of grated dry Cheddar Cheese.
One quart of Water.	One spot of Parisian Essence.
One ounce and a half of Butter.	Twelve black Peppercorns.

Boil the vermicelli in plenty of slightly salted water for twenty minutes. Slice the onions and put them in cold water, bring them to boiling-point as quickly as possible, then drain them and mince them finely. Now fry them in the butter a nice brown—not too dark—and stir them into the water, which must be boiling. Add the black peppercorns (tied in muslin) and simmer for half an hour. Take out the peppercorns and squeeze the muslin to extract all the flavour. Drain the vermicelli and add it to the soup. Place the grated cheese in a warm soup tureen. Boil up the soup and stir it into the cheese. Serve immediately.

44. Vermicelli Soup (No. 2).

Ingredients.

One quart of Milk.	One Onion.
Half a pound of Vermicelli.	One tablespoonful of Cream.

Wash the vermicelli and boil it until tender in boiling water, drain it. Put the milk into a double saucepan

with the onion (which must first be scalded with boiling water) and boil for twenty minutes ; take the onion out and pour the milk over the vermicelli and return it to the saucepan, and let it simmer for ten minutes. Add the cream last thing, and serve very hot with croûtons.

SAVOURIES.

45. American Corn Rissoles.

Ingredients.

One pint of American Corn.	Yolk of one Egg (not more
One tablespoonful of Cream.	than six hours old).
Whites of two Eggs.	One ounce of Apsley Rusks.

Cook the corn for one hour in a double saucepan, when cool add the cream, eggs, and rusk crumbs; beat all well together, form into cakes, and fry in boiling Albene until a golden brown.

46. Apsley Duck.

Ingredients.

One nice Vegetable Marrow.	Four Sage leaves.
Six ounces of Bread-crumbs	Pepper.
(white).	White of one Egg.
Half a grated Spanish Onion.	

Peel the marrow evenly and remove one end and take out all the seeds, then fill up with the following mixture :

Bread-crumbs, grated onion (scald the onion well first), sage, and plenty of pepper. Mix well together and bind with the well-beaten white of egg. Fill the marrow and bake in a moderate oven for one and a half hours. Baste well with butter. Serve with apple sauce and brown gravy.

47. Artichokes (Jerusalem), Scalloped.

Ingredients.

One pound of Artichokes.	Four tablespoonfuls of Bread-
A quarter of a pound of grated	crumbs.
Parmesan Cheese.	Two ounces of Butter.
	Pepper.

Wash and pare the artichokes, boil them until quite tender, which should be in twenty minutes. Press all the water from them and rub them through a sieve. Now beat in one ounce of the butter and season them with pepper. Butter either a French baking-dish, or sufficient china scallop shells to hold the mixture—room must be left in each shell for the Parmesan and bread-crumbs. If a dish has been used, sprinkle the Parmesan evenly over the artichoke purée, and then the bread-crumbs in the same way. Break up the remaining ounce of butter in bits, and scatter them over the dish. If the scallop shells are used the Parmesan, bread-crumbs and butter must be divided according to the number of scallops. They should be browned nicely in a quick oven.

48. Bread and Onion Pudding.

Ingredients.

Quarter of a pound of Bread	The whites of two Eggs.
raspings.	Half a pint of Milk.
A teaspoonful of Sage.	One ounce of Butter.
Half a pound of Onions.	Pepper.

Put the bread raspings in a bowl. (See “Bread Raspings”.) Boil the milk and pour it over the raspings; cover with a plate and let them stand for an

hour. Now slice the onions—they must be weighed after peeling. Throw them into cold water and let them come to a boil as quickly as possible; let them boil fast for three minutes then drain the water from them. Chop them roughly and add them to the milk raspings. Rub the sage between the fingers and put it through a sieve, so that there will be no bits of stalk in it, add it with a seasoning of pepper to the other ingredients. Now beat up the whites of egg and melt the butter, mix both very carefully into the pudding. It may be either baked for an hour in a moderate oven and served in the dish it was baked in, or steamed for two hours in a well buttered mould and turned out.

49. Cauliflower, Curried.

Ingredients.

A medium-sized Cauliflower. | Half a pint of brown Gravy.
Curry Powder.

Prepare the cauliflower exactly as in the following recipe, but it should be divided into pieces about the size of a large walnut. When the cauliflower is tender, and well drained, place it in a stewpan and pour over it the gravy, in which a teaspoonful of curry powder has been smoothly mixed. Let it stand for ten minutes where it will not boil but keep it very hot. The gravy must be made according to the recipe for "Brown Gravy," but a little more thickening must be added. More or less curry powder can be added, but this quantity will suit ordinary tastes.

Serve with boiled rice. (See "Rice, boiled for Curry".)

50. Cauliflower with Parmesan Cheese.

Ingredients.

A small Cauliflower.	A quarter of a pint of Plain
Two ounces of grated Parmesan	White Sauce.
Cheese.	

Trim all the green from the cauliflower, wash it well, and cut the stalk so that it will stand firmly on a baking-dish. Place it in a little vinegar and water for a quarter of an hour, to draw out the insects, then put it into boiling water with a little salt. It will take about twenty minutes to boil. Try the stalk to see whether it is tender ; it must not be broken.

Drain it very carefully and place it in a baking-dish. A French fireproof dish is the best, as the cauliflower can be sent to table in it.

Make a quarter of a pint of sauce from recipe for "Plain White Sauce." Pour this carefully over the cauliflower, then sprinkle the Parmesan cheese over the sauce and brown in a hot oven. Serve immediately.

51. Cauliflower à la Maître d'Hôtel.

Ingredients.

One ounce of Butter.	One ounce of Bread-crumbs.
One Cauliflower.	

Cook the cauliflower first, and pick out all the white pieces and sprinkle them with bread-crumbs, and put over them pieces of butter. Pour the following sauce over :

Two ounces of grated Cheese.	One pint of Milk.
One ounce of Butter.	One tablespoonful of Flour.

Make a sauce of these and pour round, or serve separately.

52. Cauliflower and Tomato Soufflé.

Ingredients.

One Cauliflower.	Three ounces of grated Parmesan Cheese.
Three Tomatoes.	One ounce of Bread-crumbs.
Three tablespoonfuls of melted Butter.	White of three Eggs.
Pepper to taste.	

Cook the cauliflower until quite tender, then pass it through a coarse sieve with the tomatoes (which have been previously skinned), mix in the melted butter, add the cheese and pepper; last of all add the whipped whites of eggs. Stir very lightly and put into a buttered soufflé tin. Sprinkle with the bread-crumbs, and bake from twenty minutes to half an hour.

53. Cauliflower au Gratin.

Ingredients.

One large Cauliflower.	One tablespoonful of Flour.
One ounce of brown Bread-crumbs.	One gill of Milk.
One ounce of Butter.	Three ounces of grated Cheese.
	Pepper to taste.

Clean and partly boil the cauliflower and drain it well. Make a sauce as follows: Melt the butter in a saucepan, stir in the flour, pour the milk in, and let it boil for ten minutes, stirring all the time, then add the cheese and pepper. Pour this sauce over the cauliflower, sprinkle the bread-crumbs on top, and put into a Dutch oven for fifteen minutes until browned all over. It must be served very hot.

54. Celery Cheese.

Ingredients.

Two heads of Celery.	
A little Bechamel or good White Sauce.	Four ounces grated Parmesan or Cheddar Cheese.
	A little Salt, Pepper and Nutmeg

Cook the celery, either plain or braised, and cut into short lengths and put in a well buttered baking-dish. Add the seasoning, then pour over the sauce, and sprinkle the cheese on the top. Bake in a quick oven until browned.

55. Celery Croquettes.

Ingredients.

Two or three heads of Celery,	One pint of Milk.
according to size.	Two tablespoonfuls of Cream.
White of one Egg.	Two Bay leaves.
Pepper and powdered Mace.	

Trim and wash the celery and cut it into short lengths. Then pour some boiling water over, and let it stand for ten minutes. Put the milk into a saucepan with the bay leaves, mace, and pepper, and then add the celery to this, and let it cook until tender. When tender drain, and cut it into small pieces. Melt a teaspoonful of butter in a stew-pan and stir in an ounce of flour ; when well mixed add a gill of milk ; stir till it boils, and put in the chopped celery. Cook for about fifteen minutes, adding a little pepper, the white of an egg, and a little cream. Spread the mixture on a dish and let it get cold. Make up into Croquettes, roll them in rusk crumbs, and fry in boiling Albene to

a golden colour. Drain well on a cloth or paper, and serve hot.

56. Celery au Gratin.

Ingredients.

Four heads of Celery (white part only).	One pint of Milk.
Two tablespoonfuls of grated Parmesan Cheese.	One tablespoonful of Flour.
	One tablespoonful of Butter.
	Pepper to taste.

Cook the celery in the milk for half an hour, then drain and cut into three-inch lengths; make a sauce with the flour, butter, and the milk the celery was boiled in, then add the cheese; mix well. Butter a pie dish, put in a layer of celery, and then a layer of sauce, till the dish is full. Sprinkle bread-crumbs on the top, and add bits of butter. Put in the oven to brown (about half an hour).

57. Celery and Macaroni Stew.

Ingredients.

Three heads of white Celery.	Gill and a half Bechamel Sauce.
One pint of Milk and Water.	Little Pepper, and Grate of
One Bay Leaf.	Nutmeg.
Two ounces of Macaroni.	

Trim and wash the celery and boil it till tender in the milk and water, with the bay leaf. Drain and cut into short lengths. Cook the macaroni in boiling water, drain, and cut into short pieces also. Heat up the sauce, and add the celery and macaroni, with the seasoning, and let the whole simmer for fifteen minutes. Do not break the celery or macaroni, and serve very hot.

58. Celery Sticks (a Cold Savoury).

Ingredients.

One head of Celery.
 Half a Cream Cheese.
 One ounce of Butter.

Pepper, Mustard, Cayenne, and
 a little chopped Parsley.

Well clean the celery and cut the nicest white sticks into three lengths. Mix the butter, cheese, and seasoning together, and fill in the concaves with the mixture. Serve garnished with parsley.

59. Cheese (Baked). German Dish.

Ingredients.

Four ounces of Cheese.
 Half an ounce of Butter.
 A quarter of a pint of Milk.

An Onion or Shallot the size
 of a filbert.
 Pepper.

If the cheese is fresh it may be cut into thin slices, but if dry it must be grated. Place it at the bottom of a shallow baking-dish. Slice the onion and throw it into cold water; bring it quickly to boiling-point, and let it boil one minute, then drain it, and mince it finely and sprinkle it over the cheese with a little pepper. Now beat the white of egg, but only until it ceases to be stringy, then mix it well into the milk and pour it over the cheese. Bake it in a hot oven until it sets. Sprinkle the top with bread raspings. (See "Bread Raspings.") Return it to the oven for one minute, and serve as hot as possible.

60. Cheese Balls.

Ingredients.

Two ounces of Cheese.		Whites of two Eggs.
		Pepper to taste.

Beat the whites of the eggs on a plate until quite stiff; add the cheese (grated), and the pepper. Mix with a knife. Form the mixture into small balls, roll in toast crumbs, and put into boiling Albene. Cook till a pale brown colour, and serve very hot on a napkin. The drier the cheese the better.

61. Cheese (Devilled).

Ingredients.

Two ounces of Cheese.		Piece of Butter size of a walnut.
One tablespoonful of hot		Cayenne Pepper and Mustard to
Pickles.		taste.

Put the cheese into a stewpan with the butter, and allow it to melt; when quite melted, add the pickles, chopped up, and the pepper and mustard, and serve on rounds of toast.

62. Cheese Dumpling.

Ingredients.

Six ounces of Cheese.		One Onion.
		Pepper to taste.

Partly cook the onion, strain, and chop up finely; grate the cheese, add to the onion with the pepper. Have ready some paste, put the mixture in the centre. Enclose and form into a ball, and dust with flour; tie it up in a cloth, and boil one and a half to two hours.

63. Cheese Fingers.

Ingredients.

Two slices of Toast.	Two ounces of Sweet Almonds.
One tablespoonful of Cream.	Pepper to taste.
Two tablespoonfuls of grated Parmesan.	One tablespoonful of chopped Parsley.

Blanch the almonds and cut them in four, fry in the butter till a golden brown, and drain well. Mix together the cream and cheese, pepper, and chopped parsley, and spread the mixture on the toast; cut into lengths about one and a half inches wide, sprinkle the almonds on top, and serve very hot.

64. Cheese Fritters.

Ingredients.

Two ounces of grated Cheese.	Quarter of a pint of Milk.
Two ounces of Flour.	The white of one Egg.
Salad Oil, or Albene.	

Mix the milk, a little at a time, very smoothly with the flour, and let it stand for two hours or more; it must be covered. Now mix in the grated cheese. Beat the white of egg until it is all froth, but it need not be very stiff, and add that also to the batter. Have some salad oil, or "Albene," hot enough for frying (see "Hints on Cooking"), and put in the batter a tablespoonful at a time. As the fritters are cooked remove them with a fish-slice and put them on an inverted sieve to drain. Keep the batter mixed as each tablespoonful is taken out. Serve as hot as possible, piled up on a dish.

65. Cheese Omelet.

Ingredients.

Three teaspoonfuls of grated Cheese.	One ounce of Butter.
One teaspoonful of chopped Parsley.	Whites of three Eggs.
	Pepper to taste.

Whip the whites of the eggs to a *very* stiff froth, then add the cheese and pepper, lastly the chopped parsley (which must be very fine and quite dry), and mix all *lightly* together. Melt the butter in a small frying-pan; when it is smoking hot pour the mixture in; let it set, then fold over and send to table on a hot-water dish, without a cover; but it must be served at once.

66. Cheese on Toast.

Ingredients.

Two ounces of grated Cheese.	A slice of buttered Toast.
Two tablespoonfuls of Milk.	Pepper.

Grate two ounces of any kind of dry cheese, or, if the cheese is too new to grate, slice it very thinly. Put the cheese in a small stewpan with the milk, and very little pepper. Stir over the fire, or a gas ring, until it is quite melted. Have ready a piece of buttered toast about four inches square. Pour the cheese evenly over the toast, and serve as quickly as possible on a hot-water dish.

67. Cheese and Onion on Toast.

Ingredients.

A slice of buttered Toast.		Half a pint of Milk.
Two ounces of grated Cheese.		Half a pound of Onions.
Pepper.		

Prepare the toast as in preceding recipe.

The onions must be weighed after they are peeled. Slice them and throw them into cold water. Let them boil up quickly, then drain them well. Chop them a little and put them with the milk; bring them quickly to boiling-point, then stew gently until quite tender, which should be in about half an hour. Season nicely with pepper, and add the cheese, stirring until it has melted. Pour over the toast, and serve as hot as possible.

68. Cheese Paste for Sandwiches.

Ingredients.

Six ounces of grated Cheese.
 Four tablespoonfuls of Tomato Purée.
 Pepper.

Mix the grated cheese to a smooth paste with the tomato purée. (See "Tomato Purée.") Add pepper to taste. The paste will keep for three or four days, but it must be kept covered. Spread on thin bread and butter.

69. Cheese and Potato Pudding. German Dish.

Ingredients.

Three ounces of Parmesan Cheese.		The whites of six Eggs.
Six ounces of Potato.		Half a pint of Cream.
Three ounces of Butter.		Pepper.

The potatoes should be prepared as potato snow. Melt the butter slightly and beat it to a cream, then mix it well with the potatoes. Make the cream hot and pour it over the Parmesan, but do not stir it. When it is nearly cold mix it with the potatoes and the well-beaten whites of eggs; add pepper to taste.

Put the mixture into a well-buttered mould and bake in a moderate oven. Turn out, and serve very hot.

70. Cheese Pudding (No. 1).

Ingredients.

Six ounces of grated Cheese.		Half a pint of Milk.
Three-quarters of a pound of Bread-crumbs.		Two ounces of Butter.
		The whites of four Eggs.
		Pepper.

Melt the butter in the milk, then pour it over the bread-crumbs and the cheese. Let these soak for twenty minutes, then add a dust of pepper. Beat the whites of eggs to a stiff froth, and add them to the other ingredients, being careful to mix all well together. Butter a baking dish and pour the mixture into it, and bake in a quick oven for about three-quarters of an hour.

71. Cheese Pudding (No. 2).

Ingredients.

Half a pound of Bread-crumbs.	White of one Egg.
Half a pound of grated Cheese.	Pepper to taste.
One pint of Milk.	

Prepare the cheese, which should be a stale Gruyère or Cheddar, add it to the bread-crumbs, warm the milk and pour it over the cheese and bread-crumbs; whip the egg to a stiff froth and add to it also the pepper. When the mixture is cool, put into a pudding basin and steam for about half an hour. Equals 2172 grains proteid.

72. Cheese Pudding (No. 3).

Ingredients.

Six ounces grated Cheese.	One ounce Butter.
Four ounces mashed Potatoes.	White of one Egg.
Three ounces Rice.	Pepper to taste.

Pick over the rice and throw into boiling water; let it cook for half an hour, then drain, and when cool line a pudding basin with the rice, and fill up with the following mixture: Mash the potatoes with the butter, add the grated cheese and pepper, whip the white of the egg to a stiff froth, mix all together, and fill the basin. Put a greased paper on top, and steam for one hour. Equals 1037 grains proteid.

73. Cheese Pudding (Canadian).

Ingredients.

Four ounces of grated Cheese.
Three ounces of Bread-crumbs.
Half a pint of Milk.
One ounce of Butter.

The whites of three Eggs.
A small teaspoonful of mixed
Mustard.

Boil the milk and pour it over the bread-crumbs, and let them stand on the stove—covered up—for a quarter of an hour. Now mix in the grated cheese, mustard, and butter, and, last of all, the whites of eggs, which must be beaten up to a rather stiff froth. Butter a baking-dish and put in the mixture, and bake for a quarter of an hour to twenty minutes in a hot oven. Serve immediately.

74. Cheese Ramequins (No. 1).

Ingredients.

A quarter of a pound of Pastry. | One ounce of grated Cheese.
The white of one Egg.

Make the pastry from the recipe, "A good pastry for tarts, &c." Roll out the pastry very thin; sprinkle over it half the grated cheese; fold, and roll out again as before. Sprinkle the rest of the cheese, fold the pastry again, and roll out an inch thick.

Stamp it into small rounds with a pastry cutter. Brush over with white of egg, and bake in a quick oven. Serve very hot, piled on a dish.

75. Cheese Ramequins (No. 2).

Ingredients.

Four ounces of grated Cheese.
 Three ounces of Bread-crumbs.
 Half a pint of Milk.
 One ounce of Butter.

The whites of three Eggs.
 A small teaspoonful of mixed
 Mustard.

Boil the milk and pour it over the bread-crumbs and let them stand on the stove, covered up, for a quarter of an hour. Now mix in the grated cheese, mustard, and butter, and last of all the whites of eggs, which must be beaten to a rather stiff froth. Butter some little china ramequin cases, and fill them three parts full of the mixture. Bake for about ten minutes in a hot oven, and serve immediately.

76. Cheese Sandwiches.

Ingredients.

Grated Cheese.

| Bread and Butter.
 Mustard.

Cut some nice thin slices of thin bread and butter, spread over them a very little mustard. Cover them evenly with a very thin layer of grated cheese, and place bread and butter over them. Press the slices of bread and butter together, pare off the outer crust, and cut into three-cornered pieces, and arrange on a napkin.

These sandwiches are very nice eaten with either cucumber or lettuce without any dressing.

77. Cheese Straws (No. 1).

Ingredients.

Four ounces of Flour.		A pinch each of Cayenne and pounded Mace.
Two ounces of grated Cheese.		
Two ounces of Butter.		

Rub the butter into the flour. Mix the cheese with the other ingredients well together. Add as much water as will make a stiff paste. Roll out about a quarter of an inch thick. Cut into fingers about four inches long and half an inch wide. Bake them for five minutes in a hot oven, and serve cold.

78. Cheese Straws (No. 2).

Ingredients.

Two ounces of Cheddar Cheese.		Two ounces of Flour.
Two ounces of Parmesan Cheese.		Two ounces of Butter.
Pepper to taste.		

Grate the cheese, add the flour, beat the butter to a cream, and add to the cheese and flour with the pepper. Mix well together with the hand, and roll out about a quarter of an inch thick and cut into fingers, and bake ten minutes.

79. Cheese and Tomato Toast.

Ingredients.

A slice of buttered Toast.
Four tablespoonfuls of Tomato Purée.
Pepper.

Make a slice of toast an inch thick from a half-quartern loaf, butter it well. Put the tomato purée in

a small stewpan with the grated cheese and a little pepper. Stir over the fire until the cheese is melted, then spread evenly over the toast, and serve as hot as possible. The tomato purée must be made according to recipe given for "Tomato Purée."

80. Cucumber Sandwiches.

Ingredients.

Slices of Cucumber.
Grated Cheese.

Thin Bread and Butter.
Pepper.

Take some neat slices of bread and butter. Sprinkle them with grated cheese, and dust a very little pepper over them. Lay very thinly-sliced cucumber over this and cover them with more bread and butter; press them slightly together and cut off the crust. Cut into nice shapes, and serve on a d'oyley.

81. Cucumber stewed with Onions.

Ingredients.

A moderate-sized Cucumber.
Half the Cucumber's weight in
Onions.
Half a pint of Milk.

A dessertspoonful of white Roux
or a teaspoonful of Corn Flour.
One ounce of Butter.
Pepper.

Peel the cucumber and cut it in halves lengthwise, and again into pieces about two inches long. Peel and slice the onions and throw them into cold water, bring them quickly to boiling-point; boil for one minute, then drain. Now put the cucumber with the scalded onions in a stewpan with the milk and a little pepper and let them boil, and then stew gently for half an hour.

Thicken with either the white roux or corn flour. Serve very hot with croûtons or pieces of toast.

82. Forcemeat.

Ingredients.

Four ounces of Bread-crumbs.
An Onion as large as a hazel-nut.
A dessertspoonful of chopped Parsley.
A teaspoonful of Flour.
One ounce of Butter

The white of one Egg.
Half a saltspoonful of grated Lemon rind.
Half a teacupful of Milk.
A very little Nutmeg.
Pepper.

Put the bread-crumbs in a bowl. Slice the onion very thin, mince it very fine; add it to the bread-crumbs with the parsley, lemon rind, nutmeg, flour, and pepper. Two saltspoonfuls of salt and half a saltspoonful of pepper would be sufficient for most people. Now make the milk hot and add the butter, and when it has melted pour it over the bread-crumbs, &c. Beat the white of egg slightly and add it to the other ingredients. Stir well, and taste to see whether it is sufficiently seasoned; if not, add more seasoning. The mixture will now be ready for use.

83. Gnochì.

Ingredients.

One pint of Milk.
One pint of Water.

Quarter of a pound of Semolina.

Boil the milk and water together in a double saucepan, sprinkle in the semolina, slowly stirring all the time, for three-quarters of an hour. Turn out to cool in a flat dish. When cold cut into shapes, cover each with bread-crumbs and flour, and fry in boiling Albene.

A tablespoonful of sweet herbs may be added if liked, or a flavouring of onion.

84. Hot Pot.

Ingredients.

One pound and a half of Potatoes.	One tablespoonful of chopped Parsley.
Three-quarters of a pound of Onions.	One ounce of Butter.
One small Tomato.	A quarter of a pint of Milk.
	Pepper.

The onions and potatoes must both be weighed after they are peeled. Slice the onions and potatoes and throw them into cold water. Bring them quickly to boiling-point, and let them boil one minute, not more, then drain them. Put them into a baking-dish with the tomato, which must be skinned and sliced. Add the chopped parsley, which must be sprinkled over the potatoes and onions and mixed in. Season nicely with pepper—as much pepper as will lie on a threepenny-piece would be right for most people. Pour in the milk and break up the butter in bits, and place it over the top. It can be baked in a covered baking-dish or an ordinary pie-dish, and will take two hours to cook in a moderate oven.

85. Irish Stew (No. 1).

Ingredients.

Twelve good potatoes.	Two ounces of Butter.
Six large Onions.	A little Parsley.
One Carrot.	Pepper to taste.

Cut up the potatoes in one-inch squares; well scald and cut up the onions, chop up the carrot and parsley; boil all together in a pint of water until the vegetables

are cooked, but not pulped. Add the seasoning and butter fifteen minutes before serving.

86. Irish Stew (No. 2).

Ingredients.

Three pounds of Potatoes.	Two ounces of Butter.
Three large Spanish Onions.	One ounce of Pearl Barley.
One large Cauliflower.	A pint and a half of Water.
Two Turnips.	Pepper to taste.

Put the butter into a large saucepan ; well scald the onions, slice them very thin, and cook in the butter for five minutes ; then cut the potatoes into four, cut the turnip into one-inch squares, break the cauliflower into small pieces ; well wash the pearl barley, and add all to the onions and butter ; then add the pepper and the water last of all. Cover closely, and cook gently for three hours. A little chopped parsley may be added if liked.

87. Irish Stew (No. 3).

Ingredients.

One pound of Potatoes.	One ounce of Butter.
Three-quarters of a pound of Onions.	Half a pint of Milk.
	Pepper.

The potatoes and onions should both be weighed after peeling. Slice the potatoes and onions and throw them into cold water ; bring them quickly to boiling-point, and let them boil for a minute. Drain them, and put them in a double pan ; boil the milk and pour it over them. Season with pepper and add the butter. Stew for two hours and a half. Half a saltspoonful of pepper will season the stew nicely.

88. Macaroni Cakes, or Rissoles.

Ingredients.

Three ounces of pipe Macaroni.		One tablespoonful of chopped
Two ounces of grated Cheese.		Parsley.
Two whites of Eggs.		Half a pint of Milk.
Pepper to taste.		

Break the macaroni into very small pieces and throw it into the boiling milk, and let it boil for three-quarters of an hour, or until it is tender; add the grated cheese, chopped parsley and pepper, and allow to simmer ten minutes longer, then add the whites of eggs whipped to a stiff froth; mix well and turn into a flat or shallow dish. When cold form into cakes, any shape desired, brush over with whites of eggs and bread-crumbs, and fry in boiling Albene.

89. Macaroni with Cheese.

Ingredients.

Four ounces of Macaroni.		Half a pint of Milk.
Four ounces of grated Cheese.		One ounce of Butter.
Pepper.		

Break the macaroni into two-inch lengths, and throw it into plenty of fast boiling water, and let it boil quickly for half an hour. Now drain it and add the milk to it and a little pepper, bring it to boiling-point quickly, and then let it simmer gently for another half-hour. The macaroni should be perfectly tender, but unbroken, and the cheese and butter may now be added, stirring the contents of the stewpan continuously—one way—until the whole of the cheese is melted and thoroughly mixed with the macaroni. Turn it out on

a dish, and serve as hot as possible. Another way of serving the macaroni makes a prettier dish :—Instead of adding the cheese and butter to the macaroni in the stewpan, a layer of the macaroni may be put at the bottom of a well-buttered French baking-dish, and part of the cheese scattered over it ; then the rest of the macaroni must be put over the cheese, and the remainder of the cheese used as before. The top should be covered with fine bread-crumbs, and the butter broken up in bits and placed over the top. The dish should now be placed in a hot oven and quickly browned. [*Note.*—It is necessary to stir the macaroni occasionally when boiling quickly in the water, and after the milk has been added, it must be stirred frequently, or it will stick to the pan and spoil.] (See Macaroni, “Hints on Cooking.”)

90. Macaroni and Cheese Pudding.

Ingredients.

Four ounces Macaroni.
Three ounces grated Cheese.
One ounce white Bread-crumbs.
Four Sage leaves.

One pound of Spanish Onions.
Whites of two Eggs.
Pepper to taste.

Break the macaroni into three-and-a-half-inch lengths and put into boiling water, and let boil for half an hour ; then drain, and when cool, line a well-buttered pudding basin with the macaroni, and fill in with the following mixture : Scald the onion and chop very finely with the sage leaves, add the cheese and bread-crumbs. Whip the whites of the eggs to a stiff froth, and mix well ; fill the basin with this, and cover with macaroni, then a cloth, and steam for three hours. Rice may take the place of macaroni for a change.

91. Macaroni Cheese Straws.

Ingredients.

Four ounces Macaroni (large Zita pipe).	Two ounces grated Cheese. White of one egg.
--	--

Cook the macaroni for quarter of an hour in boiling water. Strain, and let it get cool. Cut up into even lengths of four inches, twist them or tie them together, and dip into the lightly-beaten white of egg, and then in the grated cheese and bread-crumbs (or mix the cheese, bread-crumbs, and pepper together and dip into this). Fry a light brown in boiling Albene, drain well, and sprinkle with a little grated cheese. Lettuce or water-cress is nice with this dish.

92. Macaroni (Creamed).

Ingredients.

Four ounces of pipe Macaroni.	Three Cloves.
Half-ounce of Butter.	Three ounces grated Cheese.
One Onion.	One gill of Cream.
Blade of Mace.	Half-pint of Milk.

Break the macaroni into small pieces ; well scald the onion and stick cloves into it. Put the milk into a saucepan, add the macaroni and onion, pepper, and mace, and cook for three-quarters of an hour, then take out the onion, cloves, and mace, and add the cheese, butter, and cream ; let this simmer for five minutes, then put into a pie-dish, sprinkle with rusk crumbs, and send to table very hot.

93. Macaroni (Curried).

Ingredients.

Four ounces of Macaroni.	One large Onion.
Two ounces of Butter.	Two tablespoonfuls of Curry
Three ounces of cooked Rice.	Powder.
Half a pint of Water.	

Break the macaroni into two-inch lengths, throw into boiling water, and cook for twenty minutes, then drain ; slice the onion and fry a golden brown in the butter, add the curry powder, also the water, and let them cook for fifteen minutes in the frying-pan, then pass all through a sieve and add to the macaroni, and let it cook for half an hour. Cook the rice according to recipe No. 118, and with this make a border round the dish, and put the curried macaroni inside, and serve very hot.

94. Macaroni (Italian).

Ingredients.

Three ounces pipe Macaroni.	Two ounces Butter.
One tablespoonful chopped Parsley.	One teaspoonful grated Onion.
Three ounces grated Cheese.	Quarter-pint White Sauce.
	Pepper to taste.

Throw the macaroni into boiling water for twenty minutes, drain, and cut up into two-inch lengths ; mix the parsley, butter, onion, and grated cheese with the sauce, then add the macaroni, put the mixture in a dish, and cover with bread-crumbs ; put in the oven for half an hour. Serve with this some very thinly sliced Spanish onion, with a small cucumber cut up with it ; cover with three tablespoonfuls of oil, the juice of half a lemon, and a little cayenne pepper.

95. Macaroni (Neapolitan).

Ingredients.

Half a pound Zita Macaroni (large pipe).	One pound of Tomatoes.
Four ounces Flour.	One ounce Butter.
White of one Egg.	One Parmesan Cheese.
One teacupful of Milk.	Half a pint of Salad Oil.
	Pepper to taste.

Break the macaroni into one-inch lengths and throw it into plenty of boiling water. Scald the onion and stick a few cloves into it, and add to it the macaroni, and boil quickly until the macaroni is cooked, but not broken. Pour off the water and drain well. Have ready a batter made of the egg, milk, and flour, made by putting the flour into a basin, and put the egg into the middle of it, and add the milk slowly, stirring all the time, till half of it is used. Then beat the batter well till bubbles form on the top. Add the rest of the milk and let it stand till the macaroni is cooked. This makes the batter lighter. Cut the tomatoes in halves, and put them on a buttered baking-tin in a moderate oven, with the rest of the ounce of butter in small bits on the top of them. Bake till just tender, but not broken. Make the salad oil very hot in a saucepan. When the macaroni is drained from the water, throw four or five bits of it into the hot oil. If it browns quickly put in the other bits and fry a light brown. Lift out of the oil, drain on white paper, re-heat the oil, and continue to dip in batter and fry in oil all the rest of the macaroni. Put the tomatoes in a ring, round a deep fire-proof dish. Heap the fried macaroni in the centre. Put a border of the grated cheese round the outside edge of the ring of tomatoes. Make very hot

in the oven. Serve at once in the dish in which it was baked.

96. Macaroni Savoury.

Ingredients.

Four ounces Macaroni.
Four ounces Parmesan Cheese.
Half a pint of Milk.
Half a pound of Onions.

Half a pound of Tomatoes.
Two ounces of Butter.
Three ounces Bread-crumbs.
Pepper.

Break the macaroni into two-inch lengths and throw it into plenty of fast boiling water and let it boil quickly, stirring occasionally, for half an hour, and then drain the water from it. Now add the milk with pepper and let it boil up quickly, and then simmer for another half-hour, when the macaroni should be quite tender. Stir very frequently to prevent it sticking to the pan.

The onions in the meantime should have been peeled and sliced and boiled until tender, in plenty of water. They must then be drained and slightly chopped. The tomatoes also must be thrown into boiling water for a few seconds, and when removed the skins will come off quite easily; they must now be sliced.

Now butter a good sized French baking-dish and scatter in some bread-crumbs; shake out all that do not stick to the butter. Place a layer of the macaroni at the bottom of the dish and scatter over it a third part of the Parmesan. Over that place the chopped onions and then the sliced tomatoes, and then the remainder of the macaroni. Cover this with half the remaining Parmesan, and over that scatter the rest of the bread-crumbs. Now scatter the last of the Parmesan, and over that the butter broken up into small pieces, and

place over the top. Bake for about twenty minutes in a hot oven; it should be a rich brown all over. This is an excellent dish and well repays the cook's trouble, if attention is paid to all the details. If Genoa macaroni is used it requires a longer time to prepare than Naples. Twenty minutes in the water is long enough for Naples. (See "Hints on Cooking".)

97. Macaroni (Scalloped).

Macaroni may be prepared exactly as in the preceding recipe; but instead of putting it into a French baking-dish it may be put in scallops, and the same directions followed.

98. Macaroni Scallops (No. 1).

Ingredients.

Two ounces pipe Macaroni.	Two tablespoonfuls Tomato
Four ounces Parmesan Cheese.	Sauce.
Two ounces Butter, or Albene.	Pepper to taste.
Six Scallop shells.	

Cook the macaroni in half a pint of milk and water for half an hour. Drain and cut up into small pieces and add one ounce of the butter, with the pepper and all the cheese. Mix it well; grease the shells and put a little of the tomato sauce in each, then fill up with the macaroni; sprinkle with bread-crumbs and pieces of butter, and put them in the oven to brown for twenty minutes.

99. Macaroni Scallops (No. 2).

Ingredients.

Four ounces pipe Macaroni.	Four ounces cooked Chestnuts.
Two tablespoonfuls of Cream.	A little Butter, or Albene.
One small Spanish Onion.	Two ounces grated Cheese.
Pepper to taste.	

Throw the macaroni into boiling water and let it boil for half an hour, then drain and chop up very fine with the onion (which has been well scalded first). Cook the chestnuts and pass them through a sieve. Mix altogether with the cream ; butter some scallop shells and fill them with the mixture. Sprinkle over them a layer of grated cheese and then one of bread-crumbs on top. Cut up the butter into small pieces and put them on the bread-crumbs ; brown in the oven for about a quarter of an hour.

100. Macaroni and Tomatoes.

Ingredients.

Four ounces pipe Macaroni.	Two ounces of Butter, and
Half a pound of Tomatoes.	Pepper to taste.

Boil the macaroni for half an hour in boiling water, then drain. Butter a pie-dish and put a thick layer of macaroni at the bottom ; skin the tomatoes by putting them into a basin and pouring boiling water over them, cover them with a plate for five minutes and the skins will come off quite easily. Then cut them into thin slices and put a layer on the macaroni, then some pieces of butter and a sprinkling of pepper, then another layer of macaroni, and so on till the dish is full, leaving

tomato on top with a few rusk-crumbs sprinkled over; put in the oven for a quarter of an hour. Serve with grated cheese.

101. Macaroni and Tomato Sauce (No. 1).

Ingredients.

Four ounces of Macaroni.
Half a pint of Milk.

Pepper.
Half a pint of Tomato Sauce.

Follow the directions given in recipe for "Macaroni Cheese" as to the boiling of the macaroni in water and stewing it in milk. Let it absorb all the milk. Pile it on a dish and pour over it half a pint of tomato sauce, prepared according to directions given for "Tomato Sauce."

102. Macaroni and Tomato Sauce (No. 2).

Ingredients.

Eight ounces of Macaroni.
Two ounces of Butter.
Half a pint of Milk.

One Spanish Onion.
One pound of Tomatoes.
Pepper to taste.

Break the macaroni into pieces and throw it into boiling water and boil for an hour. Make a sauce by putting the milk, and butter and the onion (scalded and grated) into a saucepan with the pepper. Scald the tomatoes and skin them and rub through a hair sieve, and add to the sauce. Add all to the macaroni and well mix. Serve very hot, with grated Parmesan cheese separately.

103. Milk and White of Egg.

Ingredients.

Half a pint of Milk.		The white of one Egg.
----------------------	--	-----------------------

Boil the milk and add it to the beaten white of egg. The white of egg must only be beaten until it ceases to be stringy; it must not be stiff. This is a very nourishing drink.

104. Mock Beef Rissoles (No. 1).

Ingredients.

Three ounces of Rice.		Three tablespoonfuls of Cream.
Two ounces of grated Horse-radish.		Half a pint of Milk.
Half a teaspoonful of Mustard.		White of one Egg.
		Juice of a quarter of a Lemon.

Cook the rice in the milk for forty-five minutes, add the grated horse-radish. Mix the mustard with the cream and pepper, add all together, and mix well, then add the whipped-up white of egg, and form into rissoles. Roll in rusk-crumbs and fry in boiling Albene till a golden brown. Serve with brown gravy.

105. Mock Beef Rissoles (No. 2).

Ingredients.

Three ounces of fine Rusk crumbs.		Quarter of a pint of Milk.
Two ounces of grated Cheese.		Whites of three Eggs.
Three ounces of grated Horse-radish.		One teaspoonful of made Mustard.

Mix well together the rusk-crumbs, cheese, mustard, pepper, and horse-radish. Boil the milk and pour it

over them, and allow it to stand for one hour. Whip the whites of the eggs to a stiff froth, and well mix all together, roll in fine rusk-crumbs and fry in boiling Albene. Serve very hot. If made into nine rissoles the value of each one is 86 grains.

106. Mustard and Cress Sandwiches.

Ingredients.

Bread and Butter.

|

Mustard and Cress.

Cut some neat slices of bread and butter and cover them with equal parts of mustard and cress. Cover then with more slices of plain bread and butter. Press them lightly together and cut in neat three-cornered pieces. Serve on a d'Oyley.

The long stalks should be cut away from the mustard and cress before it is used for the sandwiches; when it has been very carefully washed, it should be dried on a clean towel.

107. Nouilles and Cheese.

Ingredients.

Eight ounces of Nouilles.

Three pints of boiling Water.

Two ounces of Butter.

Two ounces of grated Gruyère
or Parmesan Cheese.

Three good-sized Tomatoes.

Pepper to taste.

Let the water be boiling in an aluminium saucepan and throw in the nouilles gently, and let it boil slowly for about ten minutes, and allow it to stand for a few minutes. Have ready another enamel or aluminium saucepan about the same size, into which put the butter with the tomatoes (which must be skinned and cut up),

and let them cook while the nouilles are straining, about fifteen minutes. Now add the nouilles and the pepper to the tomatoes and butter, also the cheese. Mix all together, and serve very hot.

108. Onions au Gratin.

Ingredients.

Five small Spanish Onions.	One tablespoonful of Flour.
Four ounces of grated Cheese.	Quarter of a pint of Milk (or
Two ounces of Butter.	Cream).
	Pepper to taste.

Use onions as near in size as possible, and pour boiling water on them (in a saucepan) and allow to simmer for one hour. Drain them well, and put them into another clean saucepan, and pour the following sauce over: Melt the butter in a saucepan, sprinkle in the flour, stirring all the time, then add the milk, slowly, and let it boil for five minutes; add the grated cheese and pepper, and pour over the onions; cover closely and cook gently for half an hour. Serve with a little chopped parsley over.

109. Onions Baked with Grated Cheese.

Ingredients.

Two pounds of Onions.	Two ounces of grated Cheese.
Two ounces of Butter.	Pepper.

Peel and slice the onions—the slices should be about half an inch thick—throw them into plenty of cold salted water and bring them quickly to boiling-point; skim then, and let them boil gently for twenty minutes. Drain them carefully, and put them

into a buttered baking-dish, add a little pepper, and break the remainder of the butter in bits and place it over the onions. Put them in a hot oven for a quarter of an hour. Now remove the dish from the oven and sprinkle the grated cheese over the onions—do this very quickly—return to the oven until the cheese is melted and slightly browned, which should be in ten minutes or less. Serve immediately.

110. Onions and Tomatoes (Baked).

Ingredients.

One pound of Onions.		One and a half ounces of Butter.
Half a pound of Tomatoes.		Two ounces of Bread-crumbs.
		Pepper.

Prepare the onions as in recipe, "Onions baked with Grated Cheese." Put the tomatoes in fast boiling water for a few seconds, when the skin can be removed easily. Slice them. Butter a baking-dish and put a layer of the onions at the bottom. Now place the tomatoes over them, and put the remainder of the onions on the top. Dust a very little pepper over each layer. Cover the onions with the bread-crumbs, and break up the remainder of the butter and place it over the dish. Bake for three-quarters of an hour in a hot oven.

111. Parsnip Fritters.

Ingredients.

Parsnips.		Batter.		Pepper.
-----------	--	---------	--	---------

Wash and scrape the parsnips and throw them into plenty of boiling water. Skim them frequently during boiling. They will be tender in half an hour to an

hour, according to size and age. Moderate-sized parsnips are most suitable for this dish. When they are quite tender, slice them either round or lengthwise, and dip them into frying batter. (See "Batter for Frying.") The batter may be seasoned if liked. Fry them in either salad oil or Albene. (See "Hints on Cooking.")

112. Parsnips (Scalloped).

Ingredients.

A breakfastcupful of mashed Parsnips.	Four ounces of Bread-crumbs.
One ounce of Butter.	Pepper.

Boil the parsnips as in preceding recipe, and when quite tender drain them well and rub them through a sieve. Butter some scallops or one small French baking-dish. Throw in some bread-crumbs and shake out all that do not stick to the butter. Take half the butter and stir it into the mashed parsnips; if they are not hot enough to melt the butter warm them on the stove or over the fire; season them with pepper, and put them either in the scallops or the little dish. Cover them with the bread-crumbs. Break up the remainder of the butter into little bits and put over the top. Brown in a hot oven.

113. Potatoes and Cheese.

Ingredients.

One pound mashed Potatoes (cold).	Three ounces of grated Cheese.
One ounce of Butter.	Quarter of a pint of Milk.

Mash the potatoes and add the cheese and pepper. Put the milk and butter into a small saucepan and

bring to the boil, and pour over the potatoes and cheese. Beat well for five minutes, put into a buttered pie-dish, and bake in a quick oven for fifteen minutes ; or, put into scallop-shells, and sprinkle with rusk-crumbs and bake for a few minutes.

114. Potato and Onion Pie (No. 1).

Ingredients.

One pound of Potatoes.	A teacupful of Milk.
One pound of Onions.	Pepper.
One ounce of Butter.	Paste (short).

Slice the onions and potatoes and put them into cold water. Bring them to boiling-point, and boil quickly for three minutes. Now put them into a pie-dish and add the butter and the milk, which must be boiling, and season well with pepper. Cover the dish with a stout crust, made according to recipe for "Short Paste." Bake in a moderate oven for an hour and a half. No time must be lost in covering the pie with the crust, and putting it into the oven, as the potatoes and onions must not be allowed to cool or the flavour will be spoiled.

115. Potato and Onion Pie (No. 2).

Ingredients.

Six large Potatoes.	Three ounces of Butter.
Three large Onions.	Pepper.

Peel and wash the potatoes and cut them into slices about the eighth of an inch thick ; slice the onions very thin, in rounds. Butter a pie-dish and put a layer of potatoes at the bottom, then a few pieces of butter,

then a layer of onion and pepper, and so on, till the dish is full, leaving onions on top. Cover with an old plate or tin, and cook slowly in the oven for three hours. Serve with grated cheese. A short-crust may be put on this if liked.

116. Potatoes with Parmesan.

Ingredients.

One pound of Potatoes.	Two ounces of grated Parmesan.
Half a pint of Savoury White Sauce.	Three ounces of Bread-crumbs.
	A quarter of an ounce of Butter.

Prepare the sauce according to recipe for "Savoury White Sauce" (No. 439). The potatoes must be boiled, but they must be firm. Cut them into slices a quarter of an inch thick, and put a layer at the bottom of a pie-dish; cover these with a thin coating of the sauce. Repeat this until the potatoes and the sauce are all used. Now sprinkle the Parmesan over the sauce and cover with the bread-crumbs. Break the butter in small bits and place it over the top. Brown in a hot oven for about twenty minutes.

117. Potato and Onion Pudding.

Follow the receipt of "Potato and Onion Pie," except that you line a pudding-bowl with the crust, and cover the pudding also with crust. This pudding should be steamed for three hours.

118. Rice Boiled for Curry.

Ingredients.

Rice.		Water.		Butter.
-------	--	--------	--	---------

The rice should be picked over but not washed. Throw it into plenty of quickly boiling water, and let it boil up, and continue to boil quickly for one minute. Then pour in a very little cold water to check it. It should now boil slowly, but continuously, for fifteen to twenty minutes. It is boiled enough if the grains are soft when pressed between the thumb and finger. Drain it, and return it to the saucepan, which should be dried and buttered. Cover it with a clean cloth and allow it to steam on the stove, where it is not too hot, or in a slow oven. Stir it lightly with a fork and let it remain for a quarter of an hour. Each grain should then swell up and be well separated.

119. Rice and Cheese (No. 1).

Ingredients.

One breakfastcupful of Rice.		Half a pint of Milk.
Four ounces grated Cheese.		

Wash the rice and boil it until cooked (in a double saucepan). Strain well, and add the milk and a spoonful of butter, and pepper to taste. Simmer again together; grease a pie-dish well and fill up with alternate layers of the above mixture and the grated cheese. Sprinkle grated cheese on the top, and a few pieces of butter. Put in a hot oven and brown well. Serve very hot.

120. Rice and Cheese (No. 2).

Ingredients.

Four ounces of Rice.		Pint and a half of Milk.
Six ounces of Cheese.		Pepper to taste.

Wash the rice and put it into a double saucepan with the milk, let it simmer for three hours until all the milk is absorbed, then add the cheese, cut into small pieces (any stale pieces will do), let it cook for another quarter of an hour, then turn into a pie-dish, sprinkle a few grated rusk-crumbs over, and serve at once. Equals 1183 grains proteid.

121. Rice and Cheese (No. 3).

Ingredients.

Four ounces of Rice.		Three ounces of Cheese.
Two ounces of Butter.		Pint and a half of Milk.

Wash the rice and cook with the milk in a double saucepan for three hours, then add the cut-up cheese, butter, and pepper. When the cheese is melted, turn the mixture out into a pie-dish, and sprinkle rusk crumbs on the top, and serve. Equals 938 grains.

Semolina may be cooked in the same way.

122. Rice Pudding (Savoury).

Ingredients.

Four ounces of Rice.		Two ounces of grated Parmesan.
A quarter of a pint of Tomato Sauce.		Two ounces of Bread-crumbs.
		Half an ounce of Butter.

Boil the rice according to recipe "Rice Boiled for Curry." When it is cooked mix well with the tomato

sauce, made according to recipe for "Tomato Sauce." Now put it into a buttered baking-dish and sprinkle over it the grated Parmesan. Cover with bread-crumbs, and break the butter into bits and strew it over the top. Brown in a quick oven, and serve very hot.

123. Rice (Savoury).

Ingredients.

Three and a-half ounces of Rice.	A heaped tablespoonful of
One pint of Milk.	chopped Parsley.
Four ounces of Onion.	Two ounces of Bread-crumbs.
The whites of two Eggs.	Half an ounce of Butter.

Pepper to taste.

Peel and slice the onions and throw them into cold water ; let them boil up quickly, and then drain and mince them. Put the rice into a double pan ; boil the milk and pour it over the rice, and add the minced onion. Let them stew until the rice has absorbed all the milk, which will take quite two hours. Remove the pan from the fire, and stir in the chopped parsley and the beaten whites of eggs. Season the mixture to taste. Butter a baking-dish and put in the rice, cover with the bread-crumbs, and break up the butter in small pieces and place it over them. Brown as quickly as possible in a hot oven or before the fire.

124. Rice and Tomatoes.

Ingredients.

Four ounces of Rice.	Half a pound of Tomatoes.
One pint of Milk.	One ounce of Butter.
Pepper to taste.	

Pick over the rice and simmer in the milk until perfectly soft, then add seasoning. Peel the tomatoes and

cut them up, taking out all hard parts, and bake them in a shallow dish in the oven. When cooked beat them into the rice, add the butter, and serve very hot.

125. Rissoles (Savoury).

Ingredients.

Two ounces of Bread-raspings.
Two ounces of grated Cheese.
Four ounces of mashed Potatoes.
One heaped tablespoonful of
chopped Parsley.

Four ounces of Onion.
The whites of four Eggs.
A saltspoonful of Pepper.
Two tablespoonfuls of Milk.
Oil, or Albene.

Put the bread-crumbs, cheese, potatoes, parsley, and pepper into a bowl, large enough to mix them thoroughly. Peel and slice the onion and throw it into cold water; let it boil up quickly and remain boiling for one minute, then drain it and chop it finely, and add it to the other ingredients in the bowl. Mix all thoroughly, and moisten with the beaten whites of egg and the milk. Mix again very carefully and cover the mixture, and let it stand for at least four hours. Now form it into any shape preferred, and fry in either salad oil, or Albene. (See "Hints on Cooking.") Prepare the bread-raspings according to recipe given. The rissoles are equally good either hot or cold; but it must be remembered that they are intended as a relish to plainer food. They are very nourishing, being weight for weight of rather more value than beef and mutton.

126. Risotto.

Ingredients.

One teacupful of Rice.	One teacupful of grated
Two ounces of Albene.	Cheese.
Half a pint of Stock.	Cayenne to taste.

Cook the rice in the stock for two hours and a half (in a double saucepan), add the Albene, cheese, and seasoning last thing, and serve very hot.

127. Sage and Onions (Baked).

Ingredients.

Two pounds of Onions.	Two teaspoonfuls of powdered
Two ounces of Butter.	Sage.
Two ounces of Bread-crumbs.	Pepper.

Slice the onions and boil them until tender, then drain and chop them, and add the butter, bread-crumbs, and sage. The sage must be rubbed fine between the fingers and then shaken through a sieve before it is measured, to ensure there being no bits of stalk in it. Season the mixture with pepper, and bake in a baking-dish for about an hour.

128. Savoury Cauliflower.

Ingredients.

One Cauliflower.	One Onion, Carrot, and little
Two ounces of Butter.	Celery (sliced).
Small bunch of Sweet Herbs.	One tablespoonful of Flour.

Fry the onion, carrot, celery, and herbs altogether in the butter. When nicely browned, shake in the flour, pour on a pint of boiling water, stirring it well all the

ime, and let it cook gently for half an hour, then pass it through a hair sieve. Boil the cauliflower separately until well cooked, drain it, and pour the above sauce over. Put in the oven a few minutes, and serve very hot.

129. Savoury Cheese Cakes.

Ingredients.

Two ounces of Rice.	One tablespoonful of mixed
Two ounces mashed Potatoes.	sweet Herbs.
Three ounces grated Cheese.	Whites of two Eggs.
Half a pint of Milk.	Pepper to taste.

Cook the rice in the milk for fifteen minutes, then add the cheese and mixed herbs. Let it boil up for five minutes longer, then add the mashed potatoes (any cold ones will do) and pepper; whip the eggs, and add them last of all. Form into flat cakes, and roll in rusk crumbs (or white bread-crumbs), and fry in boiling Albene.

130. Savoury Fillets.

Ingredients.

One pint of Milk.	Three mashed Potatoes.
Three ounces of ground Rice.	A grate of Onion.
Two ounces of Butter.	A little Mace.
Pepper to taste.	

Bring the milk to boiling-point (in a double saucepan); mix the rice with a little of the cold milk; add this to the hot milk, and cook with onion, mace, and butter until perfectly thick. Now add the mashed potatoes, stir thoroughly, and spread the mixture on a wetted dish, smooth over with a knife, and leave to cool. Shape into fillets, dip in egg and bread-crumbs (rusk-

crumbs), and fry in boiling Albene. Serve with white or parsley sauce. [*Note*.—Egg mentioned above is the white beaten with a knife on a plate.]

131. Savoury Pudding.

Ingredients.

A quarter of a pound of Bread raspings.
Four ounces of grated Cheese.
Four ounces of mashed Potatoes.
Four ounces of Onion.

A heaped tablespoonful of chopped Parsley.
The whites of four Eggs.
A quarter of a pint of Milk.
One saltspoonful of Pepper.

Pour the milk and the slightly-beaten whites of eggs over the bread-raspings, mix well, and put them aside for four hours or more. They must be closely covered. Now peel and slice the onion and put it into a saucepan with cold water; let it boil up quickly, and continue to boil for a minute. Drain it, and chop it finely, and add it, with the other ingredients, to the soaked bread-raspings. Butter a mould rather thickly and fill with the mixture. Steam for three hours.

132. Savoury Rice "Cutlets."

Ingredients.

Three and a half ounces of Rice.
One pint of Milk.
Four ounces of Onion.
A heaped tablespoonful of chopped Parsley.

The whites of three Eggs.
Half a pound of Bread-crumbs.
Salad Oil, or Albene.
Pepper.

Peel and slice the onions, throw them into cold water; let them boil up quickly, then drain and mince them. Put the rice into a double pan, boil the milk and pour it over the rice, and add the minced onion.

Let them stew until the rice has absorbed all the milk, which will take quite two hours. Turn the mixture into a bowl, and let it get nearly cold. Now stir them, with the chopped parsley, into the cooled rice and season nicely with pepper. Beat up two of the whites of eggs into a stiff froth, and add that also to the mixture. Have the other white of egg beaten up slightly, take a tablespoonful of the mixture and dip it into the egg, then cover it with bread-crumbs. Shape them into cutlets an inch thick and put them into the frying basket. Fry them a rich brown and garnish with parsley. The cutlets are rather difficult to form, and a little patience is necessary to make them a success; but they quite repay the cook for her trouble when finished. If, however, she is not expert at this kind of work, it will be best for her to treat the mixture as in recipe for "Savoury Rice."

133. Savoury Rice Rissoles.

Ingredients.

Four ounces of Rice.	Four large Sage leaves.
One ounce of Butter (or Albene).	Whites of two Eggs.
One small Onion.	Half a pint of Milk.
A little Pepper.	

Well wash the rice and cook for half an hour in the milk, then add the butter, and very finely chopped sage and onion and pepper; boil for a few minutes longer, then add the well-whipped whites of eggs, and when cool form into shape, roll in fine rusk-crumbs, and fry a light brown in boiling Albene. Serve round a mould of mashed potatoes.

Semolina may be cooked in the same way.

134. Semolina and Cheese Pudding.

Ingredients.

Two tablespoonfuls of Semolina.		One ounce of Butter.
Two ounces of grated Cheese.		Half a pint of Milk.
A little grated Onion.		

Put the milk into a double saucepan and bring it to boiling point, then stir in the semolina; boil for fifteen minutes, stirring constantly. Put into a well-greased baking-dish, sprinkle rusk-crumbs on the top, and bake a light brown. Equals 480 grains proteid.

135. Semolina and Cheese Rissoles.

Any of the above mixture when cold will make these. Mix in first the white of one egg (for about half the above quantity), form into balls or rissoles, roll in rusk-crumbs or raspings, and fry in boiling oil, or Albene, till brown.

136. Sea-kale (Scalloped).

Ingredients.

Cold boiled Sea Kale.		Butter.
Bread-crumbs.		Pepper.

When any sea-kale is left, it can be cut into inch lengths and put into buttered scallop shells, with any remaining sauce and pepper. Cover with bread-crumbs; put bits of butter over the top, and bake in a hot oven for ten minutes.

137. Spinach with White of Egg.

Use either of the recipes for preparing spinach, and poach the whites of egg according to recipe for "White of Egg in Moulds." Cut the egg in thick slices and place it over the spinach. Serve very hot.

138. Tapioca and Tomatoes.

Ingredients.

A tablespoonful of Tapioca.	One ounce of Parmesan.
One ounce of Butter.	One ounce of Bread-crumbs.
Two medium-sized Tomatoes.	Pepper.

Soak the tapioca for two hours in water, and then put it to boil; add a little more water if it requires it, until it is quite done, and the consistency of porridge. Put the tomatoes in boiling water for a few seconds, when the peel will come off easily. Slice them after they are peeled and lay them at the bottom of a well-buttered baking-dish. Season the tapioca with pepper, and stir in half the butter and spread it over the tomatoes. Now put in the Parmesan and sprinkle the bread-crumbs over the top. Break up the remainder of the butter in bits, and place it over the bread-crumbs. Bake in a hot oven for about twenty minutes.

139. Tomato and forcemeat Pie.

Ingredients.

One pound of Tomatoes. | Forcemeat. | Short Paste.

Put the tomatoes in boiling water for a few seconds when the peel will come off easily. Slice them after

they are peeled, and place them at the bottom of a shallow pie-dish. Place a layer of forcemeat over them about an inch thick. Cover the dish with a short crust, and bake until the crust is done. Make the forcemeat according to "Forcemeat" recipe, and the crust from recipe for "Short Paste."

140. Tomato and Potato Pie.

Ingredients.

A teacupful of Tomato Purée.
One pound of sliced Potatoes.
A quarter of a pound of Onions.
A teaspoonful of chopped Parsley.

One ounce of Butter.
Pepper.
Short Paste.

Slice the onions and put them in cold water with the potatoes, let them boil up quickly, and boil for one minute, then drain them, and put them in a pie-dish. Now mix in the chopped parsley, tomato purée, butter, and pepper to taste. Cover with a short crust, and bake in a moderate oven for an hour and a half. The tomato purée must be made according to recipe for "Tomato Purée." The short paste according to recipe for "Short Paste."

141. Tomatoes (Stuffed).

Ingredients.

Large Tomatoes. |
Forcemeat.

Butter.

Wipe some large tomatoes as nearly one size as possible. Cut a round hole in the stalk end, and put in some forcemeat. As much forcemeat can be put in as will lie nicely on the top of the tomato. Place a bit of butter, as large as a hazel-nut, on each tomato, and

bake them in a tin, in a moderate oven ; they will bake in from twenty minutes to half an hour, according to size. Make the forcemeat according to recipe for "Forcemeat."

142. Tomatoes on Toast.

Cut some tomatoes in halves and bake them for about ten minutes in a hot oven. Have ready some small pieces of buttered toast, and put half a tomato on each piece. Serve very hot.

143. Vegetables (Curried.)

Ingredients.

Half a pound of Carrots.
Half a pound of Turnips.
Half a pound of Celery.

Half a pound of Onions.
Half a pint of Brown Gravy.
One ounce of Butter.

Curry Powder.

Cut the vegetables into neat small pieces and throw them into a saucepan with cold water. Let them boil up, then drain them at once, and dry them on a cloth. Now put them in a stew-pan with the butter, and fry them nicely, taking care that they do not burn or get very brown. Have the gravy very hot, and add it to the vegetables, and let them stew very slowly until they are quite tender, which will be in about half an hour. Now add curry powder to taste, and let the curry stand for another five minutes on the stove, then dish it up. Send plenty of boiled rice to table with it. Make the gravy according to recipe given for "Brown Gravy."

144. Vegetable Marrow (Stuffed).

Ingredients.

A small Vegetable Marrow.		Force meat.
		Half a pint of Gravy.

Peel a vegetable marrow, not more than eight or nine inches long, cut it in halves lengthwise, and remove the seeds. Put it into fast boiling salted water, and let it boil gently for ten minutes. Lift it carefully, and let it drain; then wipe it with a clean cloth. Have ready some force meat, and fill the hollow in the middle of one half and place the other half on the top. Tie the halves together with twine, and lift the marrow carefully into an oval baking-dish. Pour the gravy over the marrow, and cover it closely with another dish over it. Baste occasionally, and bake for an hour in a hot oven. If it is baked in a French baking-dish with cover, it can be sent to table in the dish it was baked in. If an ordinary dish is used, it would still be better to serve in the dish in which it was baked, as the marrow might be difficult to remove, but a napkin must be fastened round the dish to make it look tidy. Make the gravy according to recipe for "Brown Gravy," and the force meat according to recipe for "Force meat."

145. Whites of Eggs in Moulds.

Ingredients.

Whites of Eggs.		Parsley.
		Butter.

Butter well some china ramequin cases, and sprinkle as much chopped parsley in them as will stick to the

butter. Pour the white of an egg in each, and poach them until they are set. Serve them as a garnish to vegetables, &c., either hot or cold.

146. White of Egg on Toast.

Poach the white of an egg in an egg-poacher—this will make it a neater shape. Drain it well, and place it on a piece of buttered toast.

VEGETABLES.

147. Artichokes.

Ingredients.

Three pounds of Jerusalem Artichokes.

Peel and put them into cold water ; if they are young put them into some boiling water and allow them to boil for twenty minutes ; but if old put them into cold water and let boil until tender. Drain them well, and place them in a vegetable dish, and pour over a little good white sauce. Serve at once or they may discolour. Sprinkle a little chopped parsley over them.

148. Artichokes (Green, Boiled).

Ingredients.

Green Artichokes.

Clarified Butter, or Oil and Vinegar.

Green artichokes are best plainly boiled and served with plain melted butter, or oil and vinegar.

Well wash and trim the artichokes ; cut off the stalks so that they will stand. Boil them in plenty of water with the tops downwards, and let them boil gently, until the leaves can easily be removed. The chokes can be removed or not, according to taste, before they are dished. (See "Clarified Butter.")

149. Beetroot (Boiled).

Well wash the beetroot, but be careful not to break the skins. Boil for two hours, or longer if large ones, drain them, and let them get cold; cut into very thin slices, and use as for salad.

150. Beetroot (Stewed).

Ingredients.

A medium-sized Beetroot.		Half a pint of Brown Gravy.
A very little		Lemon-juice.

Boil the beetroot until tender, being careful not to break the skin, as this spoils the colour. Remove the skin, and cut the beetroot in thin slices and lay it in a stew-pan. Pour over it half a pint of brown gravy (see "Brown Gravy"), and let it stew gently for half an hour, then add a squeeze of lemon-juice, and serve.

151. Brussels Sprouts (Boiled).

Pick, trim, and wash the sprouts very carefully. Put them into plenty of fast boiling water. The sprouts will, of course, check the boiling for a time, but they must be brought to a boil as quickly as possible; add a very small bit of soda, and boil very fast for fifteen minutes. They must be drained immediately they are done, or both colour and flavour will be spoiled.

152. Brussels Sprouts, Dressed with Butter.

Ingredients.

One pound of Sprouts.		Half an ounce of Butter.
		Pepper.

Prepare and boil the sprouts as in the preceding recipe, but when drained dry them in a clean cloth. Dissolve the butter in a pan and shake the sprouts in it over the fire for a few minutes; season them with pepper, and serve very hot.

153. Cabbage in a Mould.

Ingredients.

A large Savoy Cabbage.		Two ounces of Butter.
		Pepper.

Any kind of cabbage will do for this dish, but Savoy is best. Prepare and wash it carefully. Put it into plenty of fast boiling water with a small bit of soda. The water will, of course, stop boiling when the cabbage is put in, but it should be brought to boiling-point as quickly as possible. Let it boil until tender, which should be in from thirty to forty minutes. Drain it well and chop it. Stir in the butter; season nicely with pepper, press it into a buttered mould, and bake in a moderate oven for half an hour. Turn out, and serve. This dish is very nice with little moulds of white of egg. (See "White of Egg in Moulds.")

154. Carrots (Stewed).

Ingredients.

Two pounds of Carrots. | Half a pint of Brown Gravy.
Half a teaspoonful of mixed Mustard.

The carrots should be scraped and washed before weighing. Cut them lengthwise into quarters, if large, and again into pieces two inches long. Throw them into cold water, and let them boil up quickly; if the carrots are old, throw away the water after the first fifteen minutes and put them into fresh hot water. This is unnecessary when the carrots are young; it is also better not to cut the carrots when they are quite small, as they look best served whole. Boil them until quite tender, which will be in from half an hour to an hour, or longer, according to age. Drain them well and put them into the gravy. (See "Brown Gravy.") Let them stew very gently for twenty minutes. Mix the mustard with a little of the gravy, which should be cool, and add it to the rest. Serve very hot with fried or toasted bread.

155. Cauliflower Fritters.

Ingredients.

One Cauliflower. | Batter for frying Savouries.

Well clean, and partly boil, the cauliflower, and break into pieces; dip them in the batter, and fry in boiling oil, or Albene.

156. Cauliflower (Stewed).

Ingredients.

A medium-sized Cauliflower. | Half a pint of Brown Gravy.

Divide the cauliflower into neat pieces and wash these well. It is well to put them into vinegar and water for a quarter of an hour, as this will be sure to draw out the insects. Put them into boiling water and boil until tender, which should be in fifteen or twenty minutes. If a little of the stalk is pressed between the finger and thumb it can be easily ascertained whether the cauliflower is done. The pieces should remain firm though sufficiently cooked. Drain them carefully, and lay them in a stewpan with the gravy, and let them stand for ten minutes before serving. The gravy must be made according to the recipe for "Brown Gravy."

157. Celery (Boiled).

Ingredients.

A large head of Celery. | Half a pint of Plain White Sauce.

Use only the best part of the celery, the remainder can be kept for flavouring soups. Cut the head into quarters and again into six-inch lengths; wash it well, and tie it into bundles. Put them into cold water, and let them boil up quickly at first, and then gently until the celery is tender. Drain them well, and remove the cotton they have been tied with, arrange the celery neatly in a vegetable dish, and pour the white sauce over them. See recipe for "Plain White Sauce."

158. Celery Croutons.

Ingredients.

Two heads of Celery.
Whites of two Eggs.
One gill of Cream.

One teaspoonful of chopped
Parsley.
Six rounds of fried Bread.

Well wash and cook the celery (hearts only) in a little milk (half a pint of milk and water mixed) until it is quite tender ; drain, and chop it up, not too fine. Well whip the whites of eggs, and add to them the cream and chopped parsley and pepper. Now mix all together, and put into a clean saucepan to get very hot ; but it must not boil ; stir it all the time. Serve on the pounds of fried bread. Garnish with parsley.

159. Celery Fritters.

Ingredients.

Three heads of cooked Celery.
Bread-crumbs.
One saltspoonful of chopped
Thyme.

Half a Lemon rind (grated).
One saltspoonful of chopped
Parsley.
Cayenne Pepper to taste.

Take the cooked heads of celery and cut into lengths of four inches ; be sure they are well drained and quite dry. Well mix the bread-crumbs with the seasoning, then dip the celery in a frying batter, then in the bread-crumbs ; if they are not well coated dip them in again, and fry to a light brown. Serve with fried parsley.

160. Celery (Stewed).

Ingredients.

A large head of Celery.
 Half a pint of Milk.
 One ounce of Butter.

One dessertspoonful of Flour.
 Pepper.
 Sippets of Bread.

Remove all the outside pieces from the celery. Pare the root carefully, but reserve all that is good; cut it into quarters and then into three-inch lengths. Wash it well and throw it into cold water, let it come quickly to boiling-point, and boil for five minutes. Drain it, and put it with a little pepper to stew slowly in the milk until it is tender, which will be in about three-quarters of an hour. Keep back two tablespoonfuls of the milk and mix this smoothly with the flour, and add it slowly to the celery, stirring all the time. Put in the butter and let it boil up. Taste to see whether it is nicely seasoned, if not add more pepper. Serve with toast cut in three-cornered pieces.

161. Celery Toast.

Ingredients.

Two heads of Celery.
 Two tablespoonfuls of Cream.
 Three slices of buttered Toast.

One teaspoonful of Mace,
 Pepper, and Lemon rind,
 mixed.

Prepare the celery and cook it until tender, in a little milk; then drain well, and cut it into pieces of one inch; put the cream into a very clean saucepan with the seasoning, then add the celery, and make it very hot (but do not let it boil). Cut the toast into diamonds, or squares, and spread the mixture on it; serve very hot.

162. Cucumber (Stewed).

Ingredients.

Two or three fresh Cucumbers.		One tablespoonful of Cream.
One ounce of Butter.		Two tablespoonfuls of Milk.
One ounce of Flour.		

Peel the cucumbers, cut them into quarters lengthways, remove the seeds (unless very young ones), wash them, and then throw them into boiling water for fifteen minutes. Take them out carefully with a slice, and let them drain. Make a sauce as follows: Melt the butter, add the flour, and stir well, pour the milk on, and let it boil for five minutes, then add the cream. Put the cucumber in this sauce, make it very hot, and serve. Instead of flour and butter use white roux for thickening if preferred.

163. Endive (Dressed).

Ingredients.

Two heads of Endive.		Pepper.
One ounce of Butter.		Crouçons.

Wash the endive very well and throw it into fast boiling water, let it boil for ten minutes, and then change the water. It should boil for another twenty minutes, and the flavour would be improved if the water were changed again during that time; this takes off the bitterness. Drain it very dry and chop it. Season it with pepper, add the butter, and toss it in a stewpan until it is quite hot. Serve with crouçons.

164. Leeks (Boiled).

Ingredients.

Young Leeks.

| A dessertspoonful of vinegar.

Leeks should be very young if served alone. Trim off the outer leaves and green ends, and cut into six-inch lengths. Wash them well in two or three waters. Tie them in bundles, and put them in boiling water with a dessertspoonful of vinegar. Let them boil until quite tender, which will be in about three-quarters of an hour. Drain them well, and serve on hot toast, and pour savoury white sauce over them. (See "Savoury White Sauce.")

165. Lettuce (Dressed).

*Ingredients.*Four cabbage Lettuces.
A little Lemon-juice.| One ounce of Butter.
Pepper.

Trim off the outer leaves of the lettuces, and do not use the stalks, as they are bitter. Wash them very carefully, and boil them in plenty of salted water until they are tender, which will be in half an hour, or less. Drain them as dry as possible, and chop them. Add the butter, and season with pepper and a squeeze of lemon-juice. Toss them in a stewpan until they are quite hot, and serve with croûtons.

166. Lettuce (Stewed).

Ingredients.

Six or eight Lettuces.		One tablespoonful of Lemon-
One ounce of Butter.		juice.
Pepper to taste.		

Trim away all the outer leaves and stalks of the lettuces, wash the hearts carefully, and boil them in plenty of water for twenty minutes or half an hour; drain, and press them well. Turn on to the chopping board and chop lightly; put into a clean saucepan with the butter and lemon-juice. Make very hot, and serve with fried potatoes round the dish.

167. Onions (Baked).

Ingredients.

Six or eight even-sized		Two ounces of Albene.
Spanish Onions.		One ounce of Flour.
Two ounces of Butter.		Pepper to taste.

Peel the onions, taking off the two outside skins, scald them, and remove the core, and fill up with the flour and butter in the following manner: Mix the butter and Albene together, with a wooden spoon, add the flour, a little at a time, also the pepper; fill the onions with this, and bake for two hours, turning them occasionally to prevent burning.

168. Onions (Boiled).

Ingredients.

Six large Spanish Onions.		Two ounces of Butter.
		One ounce of Flour.

Peel the onions and pour sufficient boiling water over them to cover them; let them stand for ten minutes, and then take them out of the hot water, and put them into a saucepan with cold water; let them boil for two hours. Drain well, and serve with plain melted butter poured over.

169. Onions Stewed (Brown).

Ingredients.

Two pounds of Onions.]	A teaspoonful of Flour.
Two ounces of Butter.		Pepper.
		Half a pint of Water.

If large Spanish onions are used they should be cut in halves, horizontally; but if the onions are only about double the size of an egg, they may be cooked whole. Peel them and put them into cold water, and let them boil up quickly and continue boiling gently for five minutes, then drain them. Now put them into a stewpan with the butter and let them stew gently for three hours. The onions should be turned once during the cooking, and if they are in halves they should be placed first on the round end, and finished with the cut side down. Great care should be taken in turning them, as they should not be broken. If quite small onions are used, only about the size of an egg, two hours and a half would be sufficient to stew them, but unless the onions are quite tender the dish will be spoiled. When

they are cooked they must be lifted carefully and placed on a hot dish ; if in halves the cut side should be at the top. They must be kept hot while the sauce is made. To make the sauce, pour half a pint of boiling water over the browned butter in the stewpan and let it boil over the fire for a few minutes, stirring meanwhile with a wooden spoon, to get all the brown from the pan. Now mix a teaspoonful of flour with a very little cold water, and then add the contents of the stewpan, stirring as it is poured in. Return to the fire and boil up ; taste to see whether it is agreeably seasoned, if not, add more pepper. Pour over the onions, and serve immediately. The onions should be rich golden brown, and the sauce a shade darker. A small spot of Parisian Essence may be added to the sauce if it is not sufficiently brown. This is a delicious dish if carefully cooked, but if the butter is allowed to burn instead of only browning the onions will be spoiled.

170. Onions (Stuffed).

Ingredients.

Six Spanish Onions.	Half teaspoonful of mixed Sweet
Three ounces of Bread-crumbs.	Herbs.
One teaspoonful of chopped Parsley.	One ounce of Albene.
	Whites of two Eggs.

Peel the onions, scald them, and take out the hearts, and fill them with the following mixture. Well mix the bread-crumbs, parsley, herbs, pepper, and chopped Albene together, add the whites of the eggs (whipped up.) Fill the onions with this, and place them in a saucepan side by side. Pour one pint of good brown gravy over them, and stew gently for four hours,

turning them often so that they cook evenly. When tender take them out carefully, and thicken the gravy they were cooked in with a little flour and water; let it boil up again, pour over the onions, and serve.

171. Parsnips (Boiled).

Well wash and peel the parsnips, throw them into cold water, and let them remain for half an hour, then put them into boiling water for about three-quarters of an hour (if old, two hours is not too long.) Serve them plain or mash them with butter and cream; or, boil for half an hour, drain them, allow them to cool, and dip into flour and fry them a golden brown.

172. Potatoes Baked in their Jackets.

Wash and scrub some potatoes of equal size, and bake them in a hot oven until they are cooked, which will be in an hour or an hour and a half according to size. When they are sufficiently cooked they should be broken open to let out the steam, and this will make them light and floury.

173. Potato Balls (No. 1).

Ingredients.

Two pounds of Potatoes. | Whites of three Eggs.

Chopped Parsley (if liked).

The potatoes must be well cooked, though they do as well cold as hot for this; mash them well, and mix them with the well-beaten whites of eggs; form with a

spoon into balls or rolls, dip in egg and bread-crumbs, and fry in boiling Albene; drain well, and serve. Mix the chopped parsley in before the egg, if liked.

174. Potato Balls (No. 2).

Ingredients.

Two breakfast-cupfuls of mashed
Potatoes.
The whites of two Eggs.
One ounce of Butter.

Four ounces of Bread-crumbs.
Pepper.
Frying Oil, or Albene.

The potatoes must be boiled according to No. 175; they will then be perfectly dry. Rub them through a sieve, and beat in the butter with some pepper until they are thoroughly mixed. Beat up the whites of eggs slightly, and put a quarter of it aside for the coating with bread-crumbs; mix in the rest with the potatoes. Now roll the potatoes into balls about as large as walnuts; brush them over with the white of egg, and cover them with bread-crumbs, and fry in either oil or Albene. (See "Hints on Cooking.") Serve very hot piled on a dish, and garnish with parsley.

175. Potatoes (Boiled).

Potatoes should be put into cold water after they are pared and allowed to remain there until they are wanted. They should be boiled in an iron saucepan, and as little water used as will cover them. Let them boil up quickly, and then continue to boil very slowly for twenty minutes. Now drain them, and place a folded cloth over them, and let them stand on the stove

to finish cooking by steaming them. When they are quite cooked, which can be ascertained by thrusting a fork in them, remove the cloth and shake them from time to time while standing on the stove for another five minutes; this will make them floury. If they cannot be dished at once, lay the cloth over them again while they have to wait. Potatoes should be chosen as nearly of a size as possible, and if some are very large they should be cut to match the others, or they will not be cooked in the same time.

176. Potatoes and Onions (Braised).

Ingredients.

Four large Spanish Onions.
Eight large Potatoes.

Two ounces of Butter.
Pepper to taste.

Pour boiling water over the onions; let them stand for ten minutes, then chop them up, and put them into an iron saucepan with the butter. After a quarter of an hour add the potatoes (peeled, but put in whole). Let all gently simmer for two hours, add pepper, and serve very hot.

177. Potatoes Brownd with Butter.

Boil some medium-sized potatoes according to recipe No. 175, but when they have boiled for twenty minutes, instead of steaming them on the stove, put them in a baking-tin and place a bit of butter, the size of a filbert, on each potato. Put them in a hot oven, and in a quarter of an hour, or less, turn them carefully, that they may be evenly brownd. Use a broad-bladed knife to turn them, in case they stick to the tin,

for they will be spoiled if they are broken. Another ten minutes will finish browning them. Serve very hot.

178. Potato and Cabbage Fritters.

Ingredients.

Half a pound of Potatoes (hot
or cold).
Four ounces of Brussels Sprouts
or Cabbage.

Half an Onion.
One ounce of Butter.
Pepper to taste.

Mince the potatoes, sprouts, and onion very finely together, melt the butter, and add it to this with the pepper. Form into fritters, roll in rusk-crumbs, and fry in boiling Albene. Drain, and serve, with parsley round the dish.

179. Potatoes (Cold, Fried).

Ingredients.

Half a pound of cold boiled
Potatoes.

Half an ounce of Butter.
Pepper.

Chop up the potatoes, dust them with a little pepper. Let the butter get quite warm in a frying-pan, and then stir in the potatoes very quickly. Toss them with a knife until they are quite hot, and touched with brown, then serve as quickly as possible.

180. Potatoes (Fried).

Ingredients.

Potatoes.

Frying Oil, or Albene.

Wash and peel the potatoes and cut them in slices about as thin as a shilling. They should be cut

horizontally, as the slices will be rounder. Throw them into cold water, and keep them there until they are wanted, and then dry them well on a clean cloth. The oil to fry them must be boiling; this may be known when it ceases to hiss and is still. Put in the potatoes, a few at a time, and move them about that they may be equally cooked. When they are brightly browned and crisp, lift them with a fish slice, and put them on an inverted sieve to dry. (See "Hints on Cooking.")

181. Potatoes (Fried Whole).

Ingredients.

Small new Potatoes. | Frying Oil, or Albene.

Cold new potatoes may be warmed in this way, but they must not be broken, and they must not be too large. The early forced new potatoes are best fried, as they are more mealy than those grown in the open air. Boil according to recipe No. 184, "Potatoes (New)." Be sure that they are well dried, and fry them in boiling oil, or Albene. When they are brightly browned, drain them on an inverted sieve, and serve very hot.

182. Potatoes (Mashed).

Ingredients.

Two pounds of Potatoes. | One ounce of Butter.
A teacupful of Milk.

Boil the potatoes according to recipe No. 175, to ensure their being quite dry, which is of great importance if they are to be a success. Now rub them through a sieve and return them to the saucepan. Beat

in the butter until it is thoroughly mixed, then add the milk, mixing them carefully. Stir the potatoes over the fire until they are quite hot, as the butter and milk will have cooled then. If they are preferred brown, pile them on a vegetable drainer, and fork them over, and brown before a hot fire. If they are browned they will not need to be stirred over the fire, for they will get hot in the browning.

183. Potatoes and Onions (Mashed).

Ingredients.

Two pounds of Potatoes.
Two or three good Spanish
Onions.

One gill of boiling Milk.
One ounce of Butter.

Put the potatoes and onions in a stewpan together, with only sufficient water to cover them. When thoroughly done, drain the water from them, beat well with a fork, and add the butter and boiling milk ; beat until a thick smooth paste is produced. Serve very hot.

184. Potatoes (New, Boiled).

Ingredients.

One pound of new Potatoes. | A sprig of Mint.
A quarter of an ounce of Butter.

Wash them well, scrape off the skin. Throw them into boiling water and add the mint, if liked. After they have boiled up let them simmer until tender, which will be in from fifteen to thirty minutes, according to age. Drain them, and let them dry on the stove with the lid half on the saucepan. Serve them in a hot vegetable dish and put the butter over them.

185. Potatoes (Sauté).

Ingredients.

Two pounds of cold Potatoes.		Teaspoonful of chopped Parsley.
Three ounces of Butter.		Pepper to taste.

This is a good way to use up cold potatoes. Cut the potatoes into slices about a quarter of an inch thick. Put them into a saucepan with the butter, cover them, and allow them to cook for twenty minutes. Add the parsley, and pepper last thing, and serve very hot.

186. Potato Snow.

Ingredients.

One pound of Potatoes.

Boil the potatoes according to recipe No. 175 to ensure their being quite dry. Put them through the potato masher (see "Hints on Cooking"), and let them drop lightly into the vegetable dish, which should be hot. They should not be touched after they are in the dish or their appearance will be spoiled.

187. Savoy Cabbage (Stewed).

Ingredients.

A medium sized Savoy Cabbage.		Half a pint of Brown Gravy.
		Pepper.

Put a Savoy cabbage in plenty of salted boiling water and boil until tender. Drain it well and chop it. Put it in a stewpan with the gravy and a seasoning of pepper. Let it simmer very gently for half an hour,

stirring it occasionally. Serve very hot with croûtons, or pieces of toasted bread cut in three-cornered pieces.

188. Sea-kale (Boiled).

Ingredients.

Sea-kale.

|

White Sauce.

Carefully wash and brush the sea-kale to remove the sand and grit, cut out the black parts of the roots, and tie them into bundles. Throw them into plenty of boiling, slightly salted water, and keep them boiling quickly until tender. They will be cooked in from twenty minutes to half an hour, according to age. Drain them well and serve the kale on toast with the heads in one direction. Pour white sauce over them, and serve. The sauce must be made according to recipe for "Plain White Sauce."

189. Spinach (No. 1).

Ingredients.

Three pounds of Spinach.

|

One ounce of Butter.

The spinach must be well washed in plenty of water, in at least two vessels, lifting it out of one into the other several times, with fresh water each time, and then let it stand in cold water for at least an hour. Drain well, and cook in a very little water for half an hour, or longer if old. Drain and press it well, chop very fine and return to the saucepan for a few minutes with the butter. Serve with croûtons of fried bread.

190. Spinach (No. 2).

Ingredients.

Same quantity of Spinach as before.

Cook the spinach as before, adding one ounce more of butter. Poach three whites of eggs lightly and place them on the spinach. Cut some potatoes into chips and fry them a golden brown in Albene; drain them well on blotting-paper, and serve round the spinach and eggs. Plain boiled rice served round this dish of eggs and spinach is also very nice.

191. Spinach, Boiled (No. 3).

Ingredients.

Spinach.

|

Butter.

Pick the leaves from the stalks and wash them well in several waters, lift them out of the water with the hands that all the sand or grit may sink to the bottom. Put them into a saucepan with as much boiling water as will keep them from burning, and let them boil until tender, stirring frequently. Take the spinach up, drain it, and press it well; chop it small, and put it into a clean saucepan with a slice of butter and a little pepper. Stir it well until it is quite hot. Serve with toast cut into three-cornered pieces.

192. Spinach with Cream.

Ingredients.

Three pounds of Spinach. |
One ounce of Butter.

One gill of Cream.
Pepper to taste.

Cleanse and cook the spinach in the usual way, drain it well, and pass it through a fine sieve; return it to a clean saucepan, add the butter and cream and pepper; beat it well and simmer for five minutes. A little lemon-juice can be added if liked.

193. Tomatoes (Baked).

Ingredients.

Four medium-sized Tomatoes. | One ounce of Butter.
Toasted Bread.

Put the tomatoes in a tin and divide the butter into four, and place a piece on each tomato. Bake them in a moderate oven for about twenty minutes, and baste them occasionally with the butter. Cut some toasted bread about an inch thick in four rounds, and put them on a hot dish. Place a tomato on each round of toast, and pour over each a little of the butter and juice from the tin. Plain boiled rice may be served with them.

194. Tomatoes (Stewed Whole).

Ingredients.

One pound of small Tomatoes. | Half a pint of Brown Gravy.

Choose quite small tomatoes for this dish. Wipe them, and put them in a stewpan with the brown gravy. Bring them quickly to boiling-point, and let them stew

gently for half an hour. Serve very hot, with boiled rice or potatoes. Make the gravy according to recipe given for "Brown Gravy."

195. Turnips.

Peel the turnips very thinly and throw them into cold water ; if they are young, they can be boiled whole for twenty minutes and served plain ; if old, they are better cut up and boiled for half an hour. Drain and press them well ; then mash them with a wooden spoon, add one ounce of butter, make very hot, and serve. A tablespoonful of cream can be added if liked.

196. Turnip Tops.

Take as many turnip tops as required ; pick out all the decayed leaves, wash well in plenty of water. Put into boiling water for half an hour, drain them well, and cut or chop them like spinach ; return to the saucepan with one ounce of butter. Make very hot, and serve.

197. Turnips (Stewed).

Ingredients.

One pound of Turnips. | Half a pint of Brown Gravy.

Very young turnips must be used for this dish. Peel them and cut them in quarters. Boil them quickly in plenty of water for a quarter of an hour—not longer. Drain them carefully and put them in the gravy. Let them boil up quickly, and then stew until the turnips are quite tender, which will be in about half an hour.

198. Vegetable Marrow (Boiled).

Peel the marrow and remove the seeds, cut it into six or eight pieces according to size, and put them in boiling water, and let them boil gently until tender. They will be done in fifteen or twenty minutes according to age. Drain them very carefully, and cover them with white sauce. Make the sauce according to recipe given for "Plain White Sauce."

199. Vegetable Marrow (Fried).

Pieces of marrow cooked as in preceding recipe, and dipped in batter and fried in either oil or Albene, make a delicious dish. Make the batter according to recipe given for "Batter for Frying Savouries."

200. Vegetable Marrow (Stewed).

Ingredients.

A small Marrow.
Half a pint of Milk.
A blade of Mace.

A small Onion.
One dessertspoonful of Flour.
One ounce of Butter.

Pepper.

Peel a marrow about eight inches long, remove the seeds, and cut it into pieces about four inches square. Put it into a stewpan with the milk, mace, and the onion peeled, but not sliced. Add pepper and let it boil up quickly, then stew very gently, until the marrow is tender, which will be in half an hour. Remove the onion and the mace. Take up the pieces of marrow gently, and place them on the dish on which they will be served, and keep them hot. Now work the flour in

the butter and thicken the milk with it, boil it up, and pour over the marrow. Garnish with toast, and serve very hot.

201. Vegetables (Stewed).

Ingredients.

Half a pound of Carrots.		Half a pound of Onions.
Half a pound of Turnips.		Half a pint of Gravy.
Half a pound of Celery.		One ounce of Butter.
Pepper.		

Cut the celery in pieces two inches long, and the carrots in four lengthwise, and then in pieces two inches long. Cut the turnips small and slice the onions. Throw them into a saucepan of cold water and bring them quickly to boiling-point. Let them boil a minute, and then drain them carefully. Put them in a stewpan with the butter and fry them until they are nicely browned, without burning them. Have the gravy boiling, or very hot, add it to the vegetables with pepper, and let them stew gently for an hour. Serve with pieces of toasted bread. Make the gravy according to recipe given for "Brown Gravy."

SWEETS.

202. Admiral Pudding.

Ingredients.

Eight ounces of Potatoes.	Eight ounces of Flour (or Bread-
Twelve ounces of Carrots.	crumbs).
Four ounces of Sugar.	Three ounces mixed Candied
Eight ounces of Sultanas.	Peel.
Four ounces of Albene.	

Pass the carrots and potatoes when cooked through a sieve; add the Albene (chopped fine) and flour or bread-crumbs. Mix well, then add the sultanas, sugar, and candied peel, put into a well-greased mould and steam for five hours. Serve with lemon or sweet sauce.

203. Apple Fritters.

Ingredients.

Apples.		Batter No. 383.
---------	--	-----------------

Peel and core the apples and cut them into thin slices; dip them in the batter and fry in boiling oil or Albene. The fritters will be much improved if the slices of apple are boiled for one minute in sugar and water, and drained before dipping them in the batter.

204. Apple Gateau.

Ingredients.

One pound of Apples.
 Three ounces of loaf Sugar.
 One pint of Water.

Quarter of an ounce of Vegetable Gelatine.
 Juice of half a Lemon.

Peel and core the apples; cut them into quarters, and stew them with the water, sugar, and lemon-juice, until tender, but not broken; take them out carefully and add the gelatine to the liquid, stir until melted, and return the apple for a few minutes. Rinse out a mould with cold water; pour in and allow it to set. Turn out and serve with whipped cream on top. (Colour the liquid with cochineal, if desired.)

205. Apple Jelly (No. 1).

Ingredients.

Seven pounds of Apples.
 Three pints of Water.

Two ounces root Ginger (or one
 teaspoonful of ground Ginger).

Two ounces blanched Almonds.

Boil the apples in the water for an hour and a half, then strain through a sieve. Add to each pint of liquor three-quarters of a pound of sugar, and boil the liquor twenty minutes, then add the sugar and ginger, and boil twenty minutes more. Put the jelly into small jars, and before it sets drop in the nuts. Lemon-juice may be added instead of ginger if preferred.

206. Apple Jelly (No. 2).

Ingredients.

Six pounds of Apples.		Three pints of Water.
		Lump Sugar.

Peel, core, and cut up the apples, and bake in a stew-jar with three pints of water. When a pulp, turn into a jelly-bag and hang over a pan all night to let all juice through. To every pint of juice add one pound of lump sugar, and boil one hour ; when properly done it will be stiff. Put into air-tight jars.

207. Apple Mould.

Ingredients.

Four pounds of Apples.		One pound of lump Sugar.
------------------------	--	--------------------------

Wipe the apples quite clean, core and cut them up, and put in a stew-jar in the oven with a little sugar sprinkled over, and stew till quite soft, and allow to cool. When cold rub through a sieve. Rinse a preserving pan with cold water and put in the pulp, together with the sugar, and boil about half an hour, stirring all the time. It requires great care to prevent burning, and must be boiled quickly or it will not set firmly in the mould (which must be rinsed with cold water last thing before putting in the jelly).

208. Apple Pudding.

Ingredients.

Paste.		Apples.		Sugar.
--------	--	---------	--	--------

Line a pudding bowl with paste made according to recipe for "Paste for Puddings." Fill it with sliced apples and sweeten it to taste. Put on cover of paste, and steam. A pudding made in a pint basin will take two hours to steam, and one made in a quart basin will take three hours.

209. Apple Tart.

Ingredients.

Apples.		Cloves.
Paste.		Sugar.

Peel and slice some apples and fill a tart dish of the size required. Sweeten to taste, add a tablespoonful of water or two if the tart is large. Put in one or two cloves if the flavour is liked. Line the edge of the dish with paste the third of an inch thick, put on a cover, and bake in a quick oven. When the crust is cooked raise it carefully with a knife to see whether the apples are soft, and if not let the tart remain on the stove until the apples are sufficiently cooked. Make the paste according to recipe for "Paste Puff for Tarts."

210. Bananas, Baked (Australian).

Slit as many bananas as desired and bake in a shallow tin in a moderate oven until tender. Serve as a vegetable (or sweet) in their jackets.

211. Bananas and Cream (No. 1).

Ingredients.

Six Bananas.		One ounce of Butter.
One ounce of castor Sugar.		Quarter of a pint of Cream.
Teaspoonful of		Whiskey or Rum.

Peel and cut the bananas into rather thick slices, put them into a glass dish, and sprinkle over the sugar. Warm the cream and butter together, add the flavouring, let it stand in the saucepan about five minutes, then pour over the bananas, and serve with finger biscuits.

212. Bananas and Cream (No. 2).

Ingredients.

Six Bananas.		One tablespoonful of castor
Half a pint of Cream.		Sugar.

Peel and slice the bananas into two-inch lengths, put into a glass dish, sprinkle over the sugar. Whip the cream (not too stiff) and cover the bananas ; serve with any cold milk mould.

213. Banana Cream.

Ingredients.

Ten Bananas.		One tablespoonful of castor Sugar.
Quarter of an ounce of Vegetable		Two Oranges.
Gelatine.		Half a pint of Cream.
Half a pint of Milk.		

Peel the bananas and pass them through a sieve, and add the sugar and whipped cream ; soak the gelatine in two tablespoonfuls of cold water, when dissolved, add it

to the milk, and let it just come to the boil, then add it to the cream and banana and mix lightly. Turn into a mould and let it stand in a cool place; when set, turn out, and put the oranges (cut into thin slices) round, and serve.

214. Banana Custard (Australian).

Ingredients.

Four Bananas.

One pint of Custard.
(See No. 448.)

Slice the bananas thinly into a glass dish; pour the custard whilst hot over them; the heat brings out the flavour of the fruit. Serve cold.

215. Banana Fritters.

Ingredients.

Two Bananas.

The juice of half an Orange.

A dessertspoonful of Sugar.
Batter.

Cut the bananas in quarters lengthwise. Lay them in a small deep dish and sprinkle them with the sugar, then squeeze the orange-juice over them. Let them lie in the juice for three or four hours, and then drain them carefully, and dip them in frying batter and fry them in either oil or Albene. The batter must be prepared according to recipe No. 383.

216. Banana and Orange Cream.

Ingredients.

Four Bananas.	Two tablespoonsful of Lemon-
Two Oranges.	juice.
Quarter of an ounce of powdered	One teacupful of castor Sugar.
Vegetable Gelatine.	Half a pint of Cream.

Soak the gelatine in half a cupful of cold water overnight, and next morning dissolve it in the same quantity of boiling water. Peel the bananas and rub them through a sieve, add the juice and pulp of the oranges, and the lemon-juice and sugar. Mix all well together and add to the gelatine. Set the mixture in a cool place until it begins to stiffen. Whip the cream till stiff and stir all together; put into a mould and let it stand on ice a few hours.

217. Banana Pudding (Uncooked).

Ingredients.

Six Bananas.	Three tablespoonsful Strawberry
Whipped Cream or Custard.	Jam.

Peel and mash the bananas; put the jam into a round glass dish, and place the bananas round it. Serve with custard separately, or whipped cream put round.

218. Bananas (Stewed).

Ingredients.

Four Bananas.		Half a pint of Water.
Three ounces lump Sugar.		

Peel and slice the bananas and either stew or bake them in a jar in the water and sugar until tender. The juice should be syrupy.

219. Batter Pudding (Baked).

Ingredients.

Two tablespoonfuls of Flour.		The whites of two Eggs.
Half a pint of Milk.		One ounce of Butter.

Mix the flour very smoothly with the milk, adding the milk a little at a time until it is all used. Let it stand for two or three hours and then melt the butter and mix it with the batter. Now beat up the whites of eggs, and add them. Beat up all well together, and pour in a well buttered dish, and bake in a moderately hot oven.

220. Batter Pudding (Boiled).

Prepare the pudding exactly as in the preceding recipe, but it must be put into a buttered mould and boiled for two hours.

221. Blackberry Jelly.

Ingredients.

Blackberries.

Three-quarters of a pound of Sugar to every pint of juice.

Put as many blackberries as desired into a jar, and sprinkle a little sugar over, then put in the oven for three hours to draw out the juice. When sufficiently tender, strain through coarse muslin or a cloth, squeezing out as much juice as possible. To each pint of juice allow half a pound of lump sugar, and boil in a preserving pan until it is set.

222. Blancmange.

Ingredients.

One Pint of Milk.

Two tablespoonfuls of Corn
Flour.

A dessertspoonful of castor Sugar. One Bay leaf. The whites of two Eggs.
--

Take from the milk enough to mix the corn flour into a thick batter. Put the rest with the bay leaf to simmer until the milk has acquired a nice flavour. Remove the bay leaf and add the sugar; boil up the milk and pour into the mixed corn flour, stirring quickly all the time. Now beat up the whites of eggs a little, they must not be stiff, and stir well into the corn flour. Boil up the mixture over the fire, stirring continually. Have ready a mould which has been well rinsed in cold water; pour in the corn flour and put in a cool place to set,

223. Bread and Butter Fritters.

Ingredients.

Four slices of Bread and Butter.	One tablespoonful of Raspberry
Half an ounce sifted Sugar.	Jam.

Spread the jam on to the bread and butter and press them well together, cut into rounds with a cutter, dip in a good batter (see No. 384), and fry a golden brown. Serve with the sugar sprinkled over. Any other jam may be used.

224. Bread Pudding (Baked).

Ingredients.

One pound of pieces of stale	Two ounces of Butter (or Albene)
Bread.	One and a half ounces of moist
One pint of boiling Milk.	Sugar.
Four ounces of Sultanas.	Little Nutmeg.

Pour the milk on the bread, let it stand a few minutes, then mash it up. Mix the sugar and butter together, and add all to the bread and milk; mix well and put in a well-buttered dish, and bake one and a half hours in a moderate oven.

225. Bread Pudding à la Française
(Baked).*Ingredients.*

One pound of stale pieces of	Whites of three Eggs.
Bread.	One ounce of candied Peel.
One pint of boiling Milk.	Essence of Vanilla or Cinnamon
Two ounces of Butter, or Albene.	to taste.

Put the pieces of bread into a basin and pour over the boiling milk and cover with a plate; let them stand

for twenty minutes, and then add the butter and eggs beaten to a stiff froth. Finely shred the candied peel and put in also the flavouring. Mix thoroughly and pour into a well-greased mould and steam for three hours. Turn out carefully, and serve with jam or sauce.

226. Candied Fruit Pudding.

Ingredients.

Quarter of a pound of candied Fruit.	Two ounces of Butter.
Quarter of a pound of Bread-crumbs.	Two ounces of Flour.
	Two whites of Eggs.
	Half a pint of Milk.

Any kind of candied fruit that is getting a little damp to use at dessert will do for this pudding; if it is large it should be shredded, but if cherries are used they may just be cut in halves. Mix the flour with the bread-crumbs and the candied fruit. Make the milk hot and melt the butter in it, and pour it over the bread-crumbs, &c. Now beat the eggs to a stiff froth and mix it well with the other ingredients. Have ready a buttered mould and pour in the mixture, and steam for three hours. One of the wine sauces, or plain sweet white sauce, may be served with this pudding.

227. Carrot Pudding (No. 1).

Ingredients.

Twelve ounces of Carrots.	One and a half ounces Sugar.
Eight ounces of grated Bread-crumbs.	Three ounces Currants.
Two and a half ounces Albene.	Three ounces Sultanas.
	Whites of three Eggs.
A little grated Nutmeg.	

Well cook the carrots and then grate or pass through a sieve. Chop up the Albene, pass the bread-crumbs

through a sieve ; pick over currants and sultanas, mix all together with the sugar and nutmeg. Well beat the whites of eggs and add last of all, with a little milk if not moist enough. Put into a well-greased mould and steam for four hours.

228. Carrot Pudding (No. 2).

Ingredients.

Four ounces of Carrots.
Four ounces of Cake-crumbs.
One breakfast-cupful of Milk.
Half a wineglassful of Sherry.

Two ounces of Sugar.
Half an ounce of candied Peel
(or crystallised Cherries).

Boil the carrots until tender, drain, and pass through a sieve ; add the cake-crumbs (any stale pieces of plain cake). Put the milk on to boil with the sugar, pour over the cake-crumbs and carrot, mix well, add the sherry. Bake in a well-buttered pie-dish for half an hour. Garnish the top with candied peel (or cherries) before putting into oven.

229. Casserole of Apples.

Ingredients.

Two pounds of Apples.
Quarter of an ounce of Vegetable
Gelatine.

One teaspoonful of Essence of
Ginger.
Six ounces of Sugar.

Soak the gelatine in a pint of cold water, add the sugar and a teaspoonful of essence of ginger. Put it into a stewpan, and let it boil for five minutes, taking care it does not burn. Next, put the apples (pared, cored, and quartered) into the liquid, to boil until soft, but not broken. Take out the apples and place them in

the casserole mould, rinsed out with cold water. Strain, and colour the liquid with cochineal and pour it over the apples. Serve cold.

230. Casserolle of Oranges.

Ingredients.

Six Oranges.		Quarter of an ounce of Vegetable Gelatine.
Eight ounces of Sugar.		

Soak the gelatine in a pint of cold water; put it in a brass stewpan with the sugar and let it boil for five minutes, taking care it does not burn. Have the oranges ready, peeled and separated into quarters, taking out seeds and all white skin, add them to the liquid, and allow all to boil for ten minutes. Take out the oranges and place them in a mould. Reduce the liquid (by boiling) until it is barely enough to fill the mould and pour over. Serve cold.

231. Casserolle of Prunes.

Ingredients.

One pound of Prunes.		Three-quarters of a pound of lump Sugar.
Quarter of an ounce of Agar Agar.		
		One pint of Water.

Well wash the prunes and cook them for three-quarters of an hour in the water. Drain them through a sieve and carefully remove the stones without breaking the fruit more than necessary. Take out the kernels and put one in each prune. Put the water that the prunes were cooked in into a clean saucepan, with the sugar, and boil for thirty minutes, then add the prunes,

and let it simmer for fifteen minutes; soak the agar agar in a little cold water for an hour before using it; add it to the prunes when they have simmered fifteen minutes and stir gently until dissolved. Rinse out a mould with cold water, fill it, and allow it to stand until next day. Serve with whipped cream.

232. Castle Baskets.

Ingredients.

Six Castle Puddings (made as No. 233).	Three ounces of Angelica.
Four ounces Red Currant Jelly.	Juice of half a Lemon.
Three gills of Cream.	Two ounces of Cocoa-nut.
	One tablespoonful of Sugar.

Take the castle puddings, which should be a day old, carefully scoop out the middles, roll them in a little jelly, then in the cocoa-nut, so that they are well covered. Whip the cream with the sugar until thick; add the lemon-juice (teaspoonful); fill the baskets with this. Cut the angelica into long strips, and form the handles to the baskets. Serve cold.

233. Castle Puddings.

Ingredients.

Two ounces of Albene.	One and a half ounces of
Two ounces of Flour.	castor Sugar.
Two whites of Eggs.	Half a Lemon-rind.

Beat the Albene until it is like cream, then add the sugar and grated lemon rind. Put in the flour, a little at a time, beating it well as the flour is added. Now add the whites of eggs beaten to a stiff froth.

Butter some small moulds and bake fifteen minutes. Serve with sweet or lemon sauce. Angelica handles and crystallised cherries may be added if desired, to form into little baskets.

234. Charlotte Russe.

Ingredients.

Quarter of an ounce of Vegetable Gelatine.	Rind of half a Lemon (grated).
One pint of Milk.	Half a wineglass of Sherry.
Quarter pint of Cream.	Two ounces of Sugar.
	Four ounces of Macaroons.
Whites of four Eggs.	

Soak the gelatine in a little of the milk; whip the whites of the eggs very stiff, also the cream; boil the rest of the milk with the sugar and lemon rind, add it to the gelatine, stirring all the time; when dissolved turn into a bowl, and mix all together. Add the sherry and beat until it is thick. Line a plain buttered mould with the macaroons, pour the mixture in, and let it stand until next day. (May be coloured with cochineal if liked.)

235. Cherry Cake (German).

Ingredients.

A quarter of a pound of Butter.	Two ounces of Almonds.
A quarter of a pound of Bread-crumbs.	Cinnamon. Cloves.
Two pounds of black Cherries.	The whites of six Eggs.
	Two ounces of castor Sugar.
Quarter of a pint of Milk.	

Pick and stone the cherries. Make the milk hot and melt the butter in it. Blanch the almonds and put them through the nut mill, and pound them well in a mortar. Now mix the almonds with the bread-crumbs, sugar, and a pinch each of cloves and cinnamon. Pour

over the milk and melted butter, mix again carefully, and add the cherries. When all are well mixed together stir in the whites of eggs, which must be well beaten. Bake in a shallow tin in a moderate oven for an hour. The cake should be about an inch and a half thick.

236. Cherries (Stewed).

Ingredients.

One pound o cooking Cherries. | A quarter of a pint of Water.
Six ounces of Sugar.

Make a syrup with the sugar and water, that is, just melt the sugar in the water, but do not allow it to boil and thicken, then pour it over the cherries, and bring them quickly to boiling-point, and skim them well. Now let them simmer very slowly until they are tender, then turn them into a bowl to cool.

237. Christmas Pudding (No. 1).

Ingredients.

Half a pound of Raisins.	Quarter of a pound of mixed Peel.
Half a pound of Sultanas.	One pound of Bread-crumbs.
Half a pound of Almonds.	Four Apples.
Half a pound of Pine kernels.	One Lemon, rind and juice.
Half a pound of Demerara Sugar.	Half a Nutmeg.
Half a pound of Albene.	Whites of five Eggs.
Two wineglassfuls of Brandy.	

Stone the raisins, pick over and wash the sultanas, shred the peel, blanch the almonds, clean the pine kernels, and put them both through a nut-mill, and then pound them, grate the nutmeg and the lemon rind. Mix all these with the bread-crumbs, sugar, and

apples, which must be peeled, cored, and chopped. Chop the Albene like suet, and add to the mixture with the nutmeg and lemon-juice. Let the ingredients stand for a night, and then well beat the whites of the eggs, and add them with the brandy, and mix all well together. Put into well-buttered moulds, and allow the pudding to steam for seven hours, and when warming again for use, for about half the time.

238. Christmas Pudding (No. 2).

Ingredients.

One pound of Raisins.	Quarter of a pound of Walnuts.
One pound of Sultanas.	Quarter of a pound of crystallised
Half a pound of Sugar.	Cherries.
Three-quarters of a pound of	Six ounces of Peel.
Albene.	One tablespoonful of mixed Spice.
Half a pound of Bread-crumbs.	Quarter of a Nutmeg.
Quarter of a pound of Flour.	Half a Lemon, and rind.
Half a pound of Almonds.	Half a Carrot grated.
Quarter of a pound of Brazils.	Whites of three Eggs.
Half a tumbler of Brandy.	

Proceed in the same way as No. 1 by mixing all the dry ingredients first together; the nuts should all be carefully prepared by removing every particle of skin, and put them through the nut mill twice if necessary, then pound them well in a mortar, put into buttered moulds, and steam about three hours. Grate the carrot fine, cut the crystallised cherries up fine, add these to the mixture, well stir, and allow to stand over night. Add the eggs and brandy next morning, and follow the same directions with regard to boiling.

239. Christmas Plum Pudding (No. 3).

Ingredients.

One pound each of Raisins and Currants.

One pound of Bread-crumbs.

A quarter of a pound of each candied Lemon, Citron, and Orange.

Four ounces of Flour.

Half a pound of Sugar.

One dozen each of sweet and bitter Almonds.

One pound of Butter.

One Nutmeg.

The grated rind of a Lemon.

The whites of eight Eggs.

Half a pint of Milk.

Two Sherry-glassfuls of Brandy.

Stone the raisins, pick the currants, shred the candied lemon, citron, and orange ; blanch, chop, and pound the almonds and grate the nutmeg. Mix all well together, with the fresh lemon rind, bread-crumbs, sugar, and flour. Warm the butter slightly and beat it up, and then add it to the other ingredients, mixing thoroughly. Now beat up the whites of eggs and mix well with the rest, and cover the mixture carefully. Set it aside for at least six hours ; it is better left over night. Then add the milk and brandy, and mix again thoroughly. Put the mixture into buttered moulds, and steam for seven hours.

240. Clear Apples.

Ingredients.

Eight large Apples.

Eight ounces lump Sugar.

One pint of Water.

Half a pint whipped Cream.

Make a syrup by boiling the sugar and water together for a quarter of an hour. Pare and core the apples, keeping them whole ; put them as you pare them into a basin of cold water to keep them white. Put the apples into a stewpan, pour over the boiling syrup, and

leave on the fire a very few minutes ; take them out carefully and place in a glass dish. Make the syrup pink, with a few drops of cochineal, and pour it over the apples. Serve cold, with a teaspoonful of whipped cream on each apple.

241. Compot of Mixed Fruits.

Ingredients.

Strawberries, Grapes, Raspberries, Nectarines, Green Figs,
Melon, Pine Apple, &c.

Cut up the larger fruits, and sift a little sugar over all in a dish. Make a syrup of the following: one pound of sugar, one and a half pints of water. Boil together until reduced to a pint, and pour over while hot, and let it stand on ice for twenty-four hours. Turn into a salad bowl, and serve very cold.

242. Cooked Sultanas.

Well pick over and clean any quantity of sultanas and cover them with boiling water at night, and they are ready for breakfast next morning. May be eaten alone, or with porridge or wheat flakes and cream.

243. Custard and Apple Pudding.

Ingredients.

Savoy Biscuits.

|
Custard.

Stewed Apple.

Cover the bottom of a china or glass dish with Savoy biscuits. Spread apples stewed to a pulp over them.

Make the custard with Bird's Custard Powder, according to recipe given with each packet, and pour over sufficient to mask the apples. Serve when quite cold.

244. Damson Cheese.

Ingredients.

Damsons,		Sugar.
----------	--	--------

Thoroughly clean as many damsons as desired, break the skins with a fork, put into jars to stew in the oven until tender, sprinkling some sugar over. When quite soft allow them to cool, then rub through a sieve; and to every pound of fruit add nine ounces of sugar. Put them in the preserving-pan (rinsed out with cold water first), and boil until it is set. A few of the kernels blanched and sprinkled in when boiling is an improvement.

245. Date Pudding (Steamed).

Ingredients.

Eight ounces of stoned Dates.		Two ounces of Albene.
Eight ounces of Bread- or Rusk		Three whites of Eggs.
crumbs.		One gill of Milk.
One ounce of Sugar.		

Clean and stone the dates and cut them into four; make the milk hot, put the Albene in the milk, and pour it over the bread-crumbs; let it stand for five minutes, then add the dates, and mix well. Whip the whites of the eggs to a stiff froth; add all together, and steam for three and a half hours. Serve with sweet sauce.

246. Fig and Apple Tart.

Ingredients.

Half a pound of Figs.		Three ounces of Sugar.
Half a pound of Apples.		Half a pint of Water.
Paste.		

See that the figs are quite clean, then put them in an enamelled stewpan with the sugar and water. Bring them very quickly to boiling-point, then put them where they will just simmer very gently, keeping the pan covered for an hour and a half. Now turn them into a tart-dish and add the apples, which must be weighed after they are peeled and sliced. Mix them together and cover them with a paste made according to recipe for "Paste, Puff for Tarts and Tartlets." Bake in a hot oven. Raise the crust gently when it is sufficiently baked, and look whether the apples are tender, if they are not, let the tart stand on the top of the stove for a few minutes to finish them.

247. Fig Pudding (No. 1).

Ingredients.

Eight ounces of Figs.		Six ounces of Butter, or Albene.
Eight ounces of Bread- or Rusk		One ounce of Sugar.
crumbs.		One tablespoonful of Treacle.
Half a pint of Milk.		

Warm the treacle and milk together, chop the figs very fine. Mix the sugar and butter together; add to the other ingredients, and mix very carefully. Steam in a buttered basin one hour and a half.

248. Fig Pudding (No. 2).

Ingredients.

Four ounces Bread-crumbs.	Half a Lemon rind.
Three ounces of Figs.	Two whites of Eggs.
One tablespoonful of Sugar.	Half a pint of Milk.

Chop the figs into small pieces and mix well with the bread-crumbs, sugar, and lemon rind (grated). Whip the whites of the eggs to a stiff froth, add to the milk, and mix all well together; pour into a well-buttered basin, and steam for three hours.

249. Fruit Jelly.

Ingredients.

Quarter of an ounce of Agar Agar.	One wineglassful of White Wine.
Half a pint of Water.	Eight ounces of lump Sugar.
Half a Lemon.	Three whites of Eggs.
One pint of mixed cooked Fruits.	

Soak the agar agar in the water, add the sugar and the juice of the lemon. Whip the whites of the eggs to a stiff froth; add together, and put into a saucepan, and stir well until it boils, then pass through a jelly-bag two or three times. When cold (but not set) add the wine. Stew the fruit (apples, pears, stoned cherries, peaches, and apricots) in a little water, leave them in the syrup till cold. Fill a mould with layers of jelly and fruit until full; leave till next day. Turn out carefully and serve with cream. Rinse out the mould with cold water before putting in the jelly.

250. Fun Pudding.

Ingredients.

Half a pound of Ratafias.	Three ounces of Flour.
Three whites of Eggs.	One pint and a half of Milk.
Two ounces of castor Sugar.	Three ounces grated Cocoa-nut.

Whip the whites of the eggs to a very stiff froth, then add the sugar and a little of the milk; now sprinkle in the flour, very slowly stirring all the time, add the rest of the milk, and put into a clean saucepan on the fire, and stir well until it thickens, being careful not to let it burn. Put the ratafias into a glass dish and pour the mixture over; when nearly cold sprinkle the cocoa-nut on top, and serve cold.

251. German Pudding.

Ingredients.

Three ounces of Rice.	Two ounces of stoned Raisins.
Two ounces of Butter.	One pint of Milk.
Three ounces of ground Almonds.	Whites of three Eggs.
Just a suspicion of powdered Cinnamon.	

Cook the rice and milk in a double saucepan for half an hour, then add the ground almonds, butter, raisins, and cinnamon. Mix well and cook for ten minutes longer, then add the whipped-up whites of eggs. Well grease a mould, pour the mixture in, cover with a greased paper, tie a cloth over, and steam for two hours.

252. Ginger Pudding.

Ingredients.

One breakfast-cupful of Flour.	One tablespoonful of brown Sugar.
Half a breakfast-cupful of Treacle.	One teaspoonful of ground Ginger.
Half a breakfast-cupful of Milk.	Half a teaspoonful of Carbonate
Two ounces of Butter, or Albene.	of Soda.

Warm the milk, butter, sugar, and treacle all together, then sprinkle in the flour into which the ginger has been first mixed; dissolve the soda in a little cold milk, and add it last thing. Steam in a well-greased basin for about four hours.

253. Ginger Pudding (Steamed).

Ingredients.

Half a pound of Bread-crumbs.	Quarter of a pound of moist Sugar.
Quarter of a pound of Butter.	Two large teaspoonfuls of Ginger.

Warm the butter and mix with the sugar, mix the ginger with the bread-crumbs (rusk-crumbs are better); well mix all together, dry; put into a buttered basin, and steam from three to four hours.

254. Ginger Pudding (Brown).

Ingredients.

Two ounces of Bread-raspings.	One tablespoonful of Golden
One teaspoonful of ground Ginger.	Syrup.
Three ounces of Butter.	Two ounces of candied Lemon
The whites of two Eggs.	peel.
One ounce of Sugar.	Half a pint of Milk.

Make the milk hot and melt the butter and golden syrup in it, and pour over the bread-raspings. Cover them and let them remain for half an hour. Now mix

in thoroughly the ginger, sugar, and candied lemon. Beat up the whites of eggs to a stiff froth, and add them to the other ingredients, and mix well together. Put the mixture in a well-buttered mould and steam for three hours. Serve sweet white sauce with the pudding.

255. Ginger Pudding (Green).

Ingredients.

Four ounces of Bread-crumbs.
Four ounces of green Ginger.
Two ounces of Butter.

Two ounces of Flour.
The whites of two Eggs.
A quarter of a pint of Milk.

In weighing the ginger for this pudding it is best to weigh it in the basin in which it will be mixed, then the syrup will not be wasted. Weigh the basin first, and then put in the ginger with a proper proportion of the syrup. Now cut up the ginger in bits about as large as a pea. Add the bread-crumbs to the ginger. Make the milk hot and melt the butter in it, and pour it over the bread-crumbs and ginger. Now mix in the flour very carefully, and stir all well together. Beat up the whites of eggs until they are stiff, and mix them well with the other ingredients. Pour the mixture in a well-buttered mould and steam for three hours. Serve with any sweet sauce that is liked.

256. Ginger with Cream.

Ingredients.

Preserved Ginger.

Whipped Cream.

Cut up some ginger about the size of peas, and put a teaspoonful and a very little syrup in each paper ramequin case. Fill the cases with whipped cream, and serve.

257. Gooseberry Tart.

Ingredients.

One pound of green Goose-
berries.
Six ounces of Sugar.

Two tablespoonfuls of
Water.
Paste.

Pick the gooseberries and put them in a tart-dish; cover them with sugar, and put in the water. Use paste No. 396, and bake in a hot oven. When the paste is baked, it is better to place the tart on the top of the stove to simmer the gooseberries until they are quite tender. If the crust is carefully lifted with a knife, a skewer may be inserted to try whether the gooseberries are sufficiently cooked, as the tart will be spoilt unless they are quite soft.

258. Greengages (Stewed).

Ingredients.

One pound of Greengages. | Six ounces of Sugar.
A quarter of a pint of Water.

Put the greengages in a stewpan and pour over them sufficient water to cover them, and let them boil up quickly, and continue boiling, for a minute. Now turn them carefully in a cullender, and as soon as they are cool enough to touch, remove the skins; they will come off quite easily. Make a syrup with the sugar and water, but do not let it boil after the sugar is melted. As each greengage has the skin removed drop it into the syrup. Bring them to boiling-point, but do not let them boil; they must simmer very gently for an hour. If they are carefully done they will be unbroken

when they are cooked. All plums are much better for having the skins removed, as most of the acid which disagrees with many people is in the skins.

259. Ground Rice Mould (Economical).

Ingredients.

Three ounces of ground Rice.		White of one Egg.
Two ounces of castor Sugar.		Essence of Ratafia.
Pint and a half of Water.		

Put the rice and water in a saucepan (double), together with the sugar, allow it to boil, stirring every few minutes. When it boils add the flavouring, also the beaten white of egg, which mix in gently. Pour into a well-greased mould, and put in a cool place. This will set very quickly. Serve with stewed fruit.

260. Half-Pay Pudding.

Ingredients.

Eight ounces of Sultanas.		Half a pint of Milk.
Four ounces of Flour.		Two tablespoonfuls of Treacle.
Four ounces of Bread- or Rusk- crumbs.		Four ounces of Butter, or Albene.

Warm the milk, butter, and treacle together; mix the flour, bread-crumbs, and sultanas, and add the liquid; well mix and steam in a buttered mould or basin for three and a half hours.

261. Hydropathic Pudding.

Ingredients.

Six slices of stale Bread.	One pound of Currants (red).
Four ounces of Raspberries.	Four ounces of Sugar.
One gill of Cream.	

Cook the fruit and sugar together for ten minutes, then dip the slices of bread into the juice, and line a plain pudding basin with it, each piece overlapping. Then fill the basin with the fruit, put a piece of bread on the top, cut the bread round the edge to make it even with the basin; put a plate over, and a heavy weight on top, and leave it until it sets (which will be in about four hours). Turn out and put the whipped cream on top. (This can be made with various kinds of fruit in season.)

262. Jack Pudding.

Ingredients.

Three ounces of Rice.	Six large Apples.
One ounce of Sugar.	One pint of Milk.
Four Cloves.	One tablespoonful of Sherry
Rind of half a Lemon.	(or Rum).
Whites of three Eggs.	

Put the rice and milk into a double saucepan, with the cloves and lemon rind, and allow them to cook until the milk is thick and creamy; peel and core the apples, and cook in another saucepan with the sugar; when well cooked beat them with a wooden spoon until smooth, add the apples to the rice (take out the cloves and lemon rind first), mix well, and add the sherry (or rum). Whip the whites of the eggs to a stiff froth, mix all

well together, pour into a well-buttered pie-dish, and bake for half an hour.

263. Jam Pudding.

Ingredients.

Any kind of Jam.		Paste.
------------------	--	--------

Roll out a piece of paste half an inch thick, any quantity, according to the size of the pudding required. Spread over the jam, but leave a margin of an inch all round. Now slightly damp the margin left, and fold the paste very lightly. Wrap it loosely in a well-buttered paper and steam for four hours. Serve with plain sweet sauce. The paste must be made according to recipe for "Paste for Puddings."

264. Lemon (or Orange) Jelly.

Ingredients.

Eight Lemons.		Four ounces of Sugar.
Half of an ounce of Vegetable		Two Oranges.
Gelatine.		Half a pint of Water.

Take the oranges and lemons and grate the rinds, and add it to the strained juice, sugar, and as much water as brings the liquid up to one quart ; put them in a saucepan, and boil for five minutes, then add the gelatine, which has been soaked in a little of the liquid. When dissolved pass all through a jelly-bag or hair sieve ; rinse with cold water a fancy mould, put in the mixture, and allow it to set. Reverse the quantity of oranges and lemons for an *orange* jelly.

265. Lemon Pudding.

Ingredients.

Twelve ounces of Bread-crumbs.	Whites of two Eggs.
Four ounces of Albene and Butter mixed.	Two Lemons, juice and grated rind.
Four ounces of Sugar.	A little Nutmeg.

Grate the bread and pass it through a sieve, mix the butter and Albene with the bread-crumbs; mix the lemon-juice with the sugar, grate the rind on to the bread-crumbs, and also the nutmeg. Well beat the whites of two eggs and mix all together; add a little milk if necessary. The mixture should be rather soft. Put into a well-buttered basin, and steam three and a half hours.

266. Lemon Sponge.

Ingredients.

Quarter of an ounce of Agar Agar.	One pint of Water.
Eight ounces of lump Sugar.	Two Lemons.
Two tablespoonfuls of Brandy.	Whites of two Eggs.

Put the agar agar into the water to soak for a quarter of an hour, then let it simmer for another quarter; let it get cold, then add the sugar and the rind of one lemon grated, and the juice of two. Beat the whites of the eggs to a stiff froth; add the brandy to the eggs. Whisk all together till very firm, then put into a mould to set till next day.

267. Macaroni and Apple Pudding.

Ingredients.

One pound of Apples.	Two ounces of white Bread-
Four ounces of pipe Macaroni.	crumbs.
Two ounces of Sugar.	One tablespoonful of Cream.
One ounce of Butter, or Albene.	One white of Egg.
Rind of half a Lemon (grated).	

Cook the macaroni in boiling water for three-quarters of an hour, or until it is tender, but not broken; drain it well. Butter a pie-dish or pudding basin, and line with the macaroni. Now sprinkle it with bread-crumbs. Pare and cut up the apples very fine, mix with the lemon peel (grated), cream, and the whipped-up white of egg and sugar; fill the basin with this mixture, and sprinkle a few bread-crumbs on the top. Cut up the butter and put small pieces on the bread-crumbs. Now put a layer of macaroni; trim it round, cover with a plate and bake for one hour. Turn out, and serve with a white sauce.

268. Macaroni Pudding

Ingredients.

Six ounces of Macaroni.	One pint of Milk.
One ounce of Butter.	A little grated Nutmeg.

Break the macaroni into small pieces and throw into boiling water, and keep it boiling for half an hour, drain it well and return to the saucepan, add the milk, butter, and nutmeg, and let it simmer gently for fifteen minutes. Turn into a buttered pie-dish and bake until firm—about half an hour.

269. Marmalade.

Ingredients.

Twelve Seville Oranges.
Six sweet Oranges.

Ten pounds of Sugar.
Rind and juice of two Lemons.

Slice the oranges very thin, removing all pips. Put the pips into a small basin and pour over them a pint of boiling water, and allow them to stand till next day. Put the sliced oranges into a stone pan with six quarts of cold water, and let them stand for twenty-four hours. Put on to boil with the strained liquid from the pips, and boil for two hours, then add the sugar and boil another hour or until set. This makes about fifteen pounds of marmalade.

270. Marmalade Pudding (No. 1).

Ingredients.

Half a pound of Marmalade.
Three ounces of Bread-raspings.

Two ounces of Butter.
The whites of two Eggs.

A quarter of a pint of Milk.

Make the milk hot, and melt the butter in it. Pour the mixture over the bread-raspings, and mix in the marmalade. Beat up the whites of eggs to a stiff froth, and mix well into the other ingredients. Butter a mould and put in the mixture, and steam for three hours. Serve with sweet white sauce, or a wine sauce.

271. Marmalade Pudding (No. 2).

Ingredients.

Three ounces of white Bread- crumbs.		Three tablespoonfuls of Mar- malade.
One ounce of Butter.		

Well butter a pie-dish and put a layer of bread-crumbs at the bottom, then a layer of marmalade, then another layer of bread-crumbs, and so on, until the dish is full, leaving bread-crumbs on the top. Cut the butter into very small pieces and sprinkle it over the top. Bake in a fairly hot oven for half an hour.

272. Marmalade Pudding (Steamed).

Ingredients.

One tablespoonful of Flour.		One ounce of Sugar.
Two tablespoonfuls of Marmalade.		Half a pint of Milk.
Two ounces of Butter.		Two drops of Essence of Vanilla.
Whites of three Eggs.		

Put the butter into a saucepan and let it melt; stir in the flour, then add the milk, flavouring, and sugar. Let it boil for fifteen minutes, and add the whipped-up whites of eggs. Butter a basin or mould, and line it with the marmalade, and pour in the mixture, and steam for about half an hour.

273. Marmalade Tartlets.

Ingredients.

Marmalade.		Paste.
------------	--	--------

Make the paste according to recipe for "Paste, Puff for Tarts and Tartlets." Fill the tartlet cases with marmalade immediately they leave the oven.

274. Melon Compote.

Ingredients.

Two pounds of Melon.		One teaspoonful of ground
Four ounces of Sugar.		Ginger.
A Bay leaf.		

Take off the hard outside of the melon, and remove all the centre ; cut into pieces about the size of a plum. Make a syrup of the sugar flavoured with a little of the melon peel, bay leaf, and the ginger, in about half a pint of water ; let this simmer for about an hour, and pour it over the pieces of melon.

275. Military Pudding.

Ingredients.

Eight ounces of Bread- or Rusk-		Four ounces of moist Sugar.
crumbs.		Rind and juice of one large
Six ounces of Butter, or		Lemon.
Albene.		Any Jam desired.

Well mix the butter, crumbs, sugar, and lemon together ; grease a medium-sized baking-dish and spread a layer of jam on the bottom, put the mixture on the top, and bake for about half an hour.

276. Milk Jelly.

Ingredients.

Quarter of an ounce of Agar Agar.		One ounce of Sugar.
One pint of Milk.		Lemon rind to flavour.

Soak the agar agar in a very little water all night, then add the boiling milk with the sugar and lemon rind. Let it simmer for five minutes, then strain into a mould ; put it to set until next day.

277. Milk Rice.

Ingredients.

Four ounces of Rice.
One quart of Milk.

Nutmeg.
Sugar.

Wash the rice and put it into a double pan. Boil the milk and pour it over the rice. Let it cook for two hours, and then sweeten with sugar and flavour with nutmeg to taste. Milk rice is very liable to burn, so that it is safer to use a double pan. It takes longer to cook in this way, but it is much more satisfactory. (See "Hints on Cooking.")

278. Milk Sago.

Ingredients.

Four ounces of Sago.
One quart of Milk.

Nutmeg.
Sugar.

Prepare this exactly as in preceding recipe, "Milk Rice." Any other flavouring can be substituted for the nutmeg. A strip of thin lemon peel simmered for the last half-hour in the milk makes an agreeable flavouring.

279. Mince-meat (No. 1).

Ingredients.

One pound of Raisins.	One pound of Sugar.
One pound of Currants.	One teaspoonful of Cinnamon.
One pound and a quarter of Apples.	Half a grated Nutmeg.
A quarter of a pound each of candied Citron, Orange, and Lemon.	Half a saltspoonful of powdered Cloves.
	Two sherry-glassfuls of Brandy.

Pick and wash the currants, stone the raisins. Peel and slice the apples ; they must be weighed after they are prepared. Shred very finely the citron, orange, and lemon. Put them all into a large bowl, and mix them well, and then chop them either on a chopping-board or in a chopping-bowl. When the fruit has been sufficiently chopped return it to the large bowl, and mix in the sugar and spices. Put the mince-meat in a jar and pour the brandy over it. When it is used it should be well mixed, and until it is required must be kept very carefully covered. A dessertspoonful of mince-meat should be put into a three-inch pie ; and as there is no suet in the mince-meat, a piece of butter, the size of a hazel-nut, must be placed in the middle of the mince-meat in each pie.

280. Mince-meat (No. 2).

Ingredients.

One pound of Raisins.	Twelve ounces of mixed Peel.
One pound of Sultanas.	Eight ounces of brown Sugar.
One pound of Apples (after they are peeled and cored).	One teaspoonful of mixed Spice.
Eight ounces of Pine kernels.	One Nutmeg.
Eight ounces of Chestnuts.	Two Lemons.
Wineglassful each of Sherry and Brandy.	

Stone and chop the raisins ; pick over and well clean the sultanas ; peel and core the apples ; grind the nuts

very finely twice through a good nut-mill ; chop the peel very fine ; boil the lemons for two hours and chop into small pieces (taking out all pips) ; add all together, and mix well, putting the spice and wine in last. Cover tightly and keep for about a fortnight before using. Almonds may be used in place of pine kernels.

281. Mince Pies.

Ingredients.

Mince-meat.

|

Paste.

Prepare the paste according to recipe for "Paste, Puff" (old recipe), and use the mince-meat prepared according to either recipe for "Mince-meat."

282. Moonshine.

Ingredients.

Half an ounce of Vegetable Gela-
tine.

Quarter of a pound of Sugar.
One pint of boiling Water.

Two Lemons.

Soak the gelatine in a little cold water, add the pint of boiling water and sugar, also the grated rind of the lemons. Boil for a quarter of an hour, strain, and add the juice of the two lemons ; when nearly cold whisk it till snow-white ; put into a mould to set till next day.

283. Mulberry Jelly.

Ingredients.

One and a half pints of Mul-
berry juice.

|

Four ounces of Tapioca.
Sugar.

Extract the juice from the mulberries by placing them in a jar, and bruising them with a wooden spoon ;

then place the jar—which must be covered—in a saucepan of boiling water. Let the water boil until the juice flows freely from the mulberries; then strain them through a fine hair sieve. Do not squeeze the mulberries, but let the juice drop slowly through. Crush the tapioca so that no lumps remain; then pour the mulberry juice over it and let it stand all night. Boil it until it is quite clear, stirring to keep it from burning, and add sugar to taste. Pour into small moulds which have been standing in cold water. Serve with either cream or custard—made with Bird's Custard Powder.

Windfalls do quite well for this dish, and those who possess mulberry trees will find that the fruit can be utilised to great advantage in this way.

284. Normandy Pudding.

Ingredients.

Six ounces Bread-crumbs.
Six ounces castor Sugar.
Six small sour cooking Apples.
One Lemon.

One saltspoonful ground Cloves.
One teaspoonful of ground Cinnamon.
Whites of six Eggs.

Peel, slice, and core the apples or chop them up, not too finely; put them with all the other dry ingredients in a basin, and stir well; add the whisked whites of eggs slowly. When thoroughly mixed add the lemon-juice and the finely-grated rind of half of it (also a little brandy or rum if liked), and pour the mixture into a well-greased mould, tie over a greased cloth or papers and steam for about three hours. Serve with white-wine sauce. [*Note.*—The use of rum or brandy is optional. The pudding is much more tasty if one or the other is added.]

285. Normandy Pippins (Stewed).

Ingredients.

Half a pound of Nor-
mandy Pippins.

Six ounces of Sugar.
One quart of Water.

Wash the pippins well and soak them over night in one quart of water. Remove the apples from the water with a spoon, so as to let all impurities sink to the bottom of the bowl. Now pour off the water that the pippins have been soaked in, and strain it over them, leaving the sediment. Add the sugar, and let them boil up quickly, when they must be well skimmed. Now put them where they will simmer very slowly until they are quite tender, but unbroken, and they have turned a rich brown. This will take between three and four hours. If Normandy pippins are cooked quickly they are quite spoiled.

286. Omnibus Pudding.

Ingredients.

Six ounces of Flour (or Rusk-
crumbs).
Four ounces of Albene.

Six ounces of Sultanas.
Four ounces of Golden Syrup.
Half a pint of Milk.

Mix the butter and flour together and add the sultanas. Warm the syrup and milk together, and add to the rest. Steam in a well-buttered basin for four hours. Serve with any white sauce.

287. Orange Compot.

Ingredients.

Six Oranges.		One pint of Water.
Eight ounces of Sugar.		

Peel and cut the oranges into rounds. Save all the juice and put it, and some shreds of peel (without any white), into the water with the sugar. Boil this for one hour to make a syrup, and pour over the rounds of orange and allow to cool.

288. Orange Fritters.

Ingredients.

One pint of Milk.		Two tablespoonfuls of castor
Four ounces of Flour.		Sugar.
Whites of two Eggs.		Two sweet Oranges.
White and yolk of one Egg (not		Few drops of Vanilla essence.
more than six hours old).		

Mix the flour with a little of the cold milk, put the remainder of the milk into a double saucepan, when nearly boiling add the flour and milk, also the well-beaten eggs; when thickened, strain well, and put back into the saucepan to obtain the right consistency; add the sugar and essence of vanilla.

Peel the oranges, divide into sections, remove the white skin and pips, and cook in half a pint of water, and four ounces of sugar, for about ten minutes, then take up and drain on a sieve. Drop the orange sections into the above batter, mixing the whole carefully. Fry the fritters in hot butter or oil, taking each orange section up in a spoon, with ample batter to well cover it, and so dropping it into the fat. Do not fry

too many at one time. When of a nice golden colour take them up and drain well on paper or a cloth. Dredge with icing sugar, and arrange them nicely on a dish covered with lace paper. Serve plain or with an orange-flavoured syrup. These are also nice to garnish a rice or vermicelli mould.

289. Orange Jelly.

Ingredients.

Fourteen Oranges.
Six ounces of loaf Sugar.

Half an ounce of Agar Agar.
One or two Lemons.

Strain the juice of the oranges and lemons through a fine sieve. Make a syrup of the sugar and pour it boiling hot on the thinly-pared rind of two oranges. Soak the agar agar in a little water, and add to the syrup, then mix the juice in and allow it to get cold. Although not stiff enough to set well in a mould, it is much nicer than if more gelatine were added.

290. Orange Meringue.

Ingredients.

Four ounces of Rice.
Two ounces of Sugar.

One quart of Milk.
Any flavouring desired.

Boil the rice in the milk for four hours until all the milk is absorbed. Pour into a basin and let it get cold, and turn out into a glass dish. Pour over a compot of oranges according to recipe No. 287, and put whipped cream on the top.

291. Orange Pudding.

Ingredients.

Four Oranges.		One tablespoonful of ground
Whites of two Eggs.		Rice.
Two tablespoonfuls of sifted Sugar.		One pint of Milk.

Frosting on Top.

Whites of two Eggs.		One tablespoonful sifted Sugar.
---------------------	--	---------------------------------

Peel and cut the oranges into thin slices, and remove all the pips and white skin, and sift over the sugar. Warm the milk and pour it on the well-beaten whites of eggs. Make a smooth paste of the ground rice with a little water, and add to the milk and egg (in a saucepan), stir until thick, then pour over the fruit. Make the frosting by beating the eggs to a stiff froth with the sugar, pour over, and put it in the oven a few minutes to harden. Excellent hot or cold.

292. Peach Trifle.

Ingredients.

Two pounds of Peaches.		Four ounces of Sugar.
One gill of Water.		Stale Sponge or plain Cake.
One gill of Cream.		

Cut the peaches in halves, removing the stones, cook them with the sugar and water until tender, but not broken. Remove the centre of the cake, being careful not to break it, leaving a wall about an inch and a quarter thick all round. Soak this with the syrup, and fill the centre with the fruit. Whip the cream with a teaspoonful of castor sugar, and put round the top of the cake, leaving the fruit piled up in the centre.

293. Plums (Stewed).

In stewing plums follow the recipe given for "Stewing Greengages."

294. Potato Cakes.

Ingredients.

Half a pound of mashed Potatoes.		One pint of Milk. Two ounces of Macaroons.
Whites of four Eggs.		

Cook and mash the potatoes. Pass the macaroons through a nut mill. Boil the milk and add to the potatoes, then add the macaroons, let all boil together for five minutes. Whip the whites of the eggs to a stiff froth and mix with the other ingredients, and let the mixture get cold. Form into small round cakes, flour them, and fry in boiling Albene. Drain well, and serve with castor-sugar.

295. Potato and Sultana Pudding.

Ingredients.

Half a pound of mashed Potatoes.		Two tablespoonfuls of Flour.
Half a pint of Milk.		Two ounces of Butter.
The whites of four Eggs.		Three tablespoonfuls of Sugar.
Two ounces of Sultanas.		A little Nutmeg.

Mix the flour carefully with the potatoes, then add the milk, a little at a time, mixing well until the batter is perfectly smooth. Now take from the butter enough to grease a pie-dish thoroughly; melt the remainder, and stir it well into the batter. Add the sultanas, sugar, and nutmeg, and beat up the whites of egg until stiff and add to the mixture. Bake in a moderate oven for an hour.

296. Prune Pudding.

Ingredients.

Eight ounces of Prunes.		Two tablespoonfuls of Flour.
One pint of Milk.		Three whites of Eggs.
One teaspoonful of ground Ginger.		

Beat the eggs to a stiff froth, add about a quarter of the milk, all the flour and ginger ; then by degrees add all the milk, and then the prunes. Steam in a well-greased basin an hour and a half.

The following makes a nice sauce for this pudding :

Two ounces of Almonds.		Four drops of Vanilla.
Half a pint of Cream.		Wineglassful of Brandy.
Two ounces of Sugar.		

Mix the sugar and cream and brandy together, add the almonds (blanched and chopped fine), and pour over the pudding, or serve separately.

297. Prunes (Stewed).

Ingredients.

One pound of Prunes.		Half a pound of Sugar.
Three half-pints of Water.		

Wash the prunes well, and put them in a bowl with three half-pints of cold water, and let them soak for twelve hours. Lift them from the water with a spoon, so as to let all impurities sink to the bottom of the bowl. Put them in a saucepan and strain the water that the prunes were soaked in over them, being careful to leave all the sediment at the bottom. Add the sugar, and let them boil up quickly, when they must be skimmed. Now put them where they will simmer

slowly, until they are quite tender, but unbroken. This will take from two to three hours.

298. Queen's Pudding.

Ingredients.

Eight Savoy finger Biscuits.	Half a pint of Custard.
Three tablespoonfuls of Rasp- berry Jam.	The whites of four Eggs.
	One tablespoonful of castor Sugar.

Roll the biscuits to make rather fine crumbs and spread them over the bottom of a small pudding-dish. Make the custard with Bird's Custard Powder, according to recipe given with it, and pour it over the biscuit-crumbs whilst hot. Now spread the raspberry jam over the custard, and whip the whites of eggs with the sugar into a stiff froth and place it over all. Put the pudding in a hot oven for five minutes and let it brown slightly, then serve at once.

299. Queen's Tartlets.

Ingredients.

Puff Paste.	Castor Sugar.
Fresh Strawberries or Raspberries.	Whipped Cream.

Make the paste according to recipe for good "Puff Paste." When the tartlet cases are baked and just cool, fill them with either fresh strawberries or raspberries, slightly broken up and covered with castor sugar. Leave room for the whipped cream, which must be put on the top. Serve on a d'Oyley.

300. Raisin Pudding (Baked).

Ingredients.

Eight ounces of Flour.

Two ounces of Albene.

Five ounces of Raisins, or
Sultanas.

Three whites of Eggs.

Three gills of Milk.

One teaspoonful of Baking
Powder.

Rub the Albene into the flour, then mix the baking-powder with the flour; add the raisins or sultanas. Whip the whites of the eggs to a stiff froth; add them to the milk. Mix all together and put into a well-greased pie-dish, and bake for three-quarters of an hour.

301. Raspberry Jam.

Ingredients.

One pound of Raspberries.

Three-quarters of a pound of crushed loaf Sugar.

When the fruit has been carefully picked, put it with the sugar in layers on a dish, or in a deep bowl, according to the quantity of fruit that is to be preserved. Let it remain for four hours, and then turn it into a preserving pan and bring it to boiling-point quickly, stirring almost continuously to prevent it from burning. Remove the scum as it rises or the jam will not be clear. Let it boil gently for three-quarters of an hour, after it boils evenly all over. Turn it into jars, and when cold cover in the ordinary way and store it in a dry place.

302. Raspberry Jelly.

Ingredients.

One pint of Raspberry juice. | One pound of loaf Sugar.

To draw the juice from the raspberries, put them in a jar and bruise them slightly, then place the jar in a pan of boiling water and keep it boiling gently until the juice flows freely. Lay a piece of muslin in a fine sieve and pour the juice into it until no more will flow; then turn the fruit into the sieve, and leave it to let the juice drain away from it; but it must not be pressed or the juice will be muddy. Measure the juice carefully and add the sugar, in lumps, in the quantity given. Let it boil gently and skim it carefully. When it has boiled for half an hour, pour a teaspoonful on a cold plate, and if it sets the jelly is done, if not, let it boil a little longer. Put it in small pots and cover, when cold, in the usual way. The flavour is much improved by one part of red-currant juice being used to two parts of raspberry, but the currants would make the jelly too acid for most people on this diet.

303. Restorative Jelly.

Ingredients.

One ounce of Barley.	Two pints of Water.
One ounce of Rice.	Half a small Lemon.
One ounce of Sago.	One tablespoonful of Sugar.

Thoroughly wash the rice, sago, and barley, and put into a double saucepan with the water, and lemon rind cut thinly; let them simmer for three hours, then strain and add the sugar. Take hot as a drink or cold as a jelly.

304. Rice and Apple Pudding.

Ingredients.

One breakfast-cupful of Rice.	Two Cloves.
Six Apples (good cooking Apples).	Half a Lemon, rind only.
	Two teaspoonfuls of Sugar.

Boil the rice for a quarter of an hour in boiling water, strain through a hair sieve. Put a cloth into a pudding-basin, lay the rice all round it like a crust; quarter some apples as for a tart, and lay them in the middle of the rice, add the sugar, lemon rind, and cloves over the apples with rice and tie the cloth fairly tightly. Boil the pudding for one hour, or steam it for one and a half hours, and serve with some sweet sauce poured over.

305. Rice and Apple (Baked).

To use up any stewed Apples and cold Rice.

Put the apple in the bottom of a pie-dish, then the cold cooked rice. Well beat the whites of two eggs, add a teaspoonful of icing sugar, and spread this on the top, and bake in the oven a light brown, just sufficient to warm the rice and apple through.

306. Rice Balls.

Ingredients.

Three ounces of Rice.	Rind of one Lemon.
Half a pint of Milk.	A pinch of Sugar (or Salt).

Pick over the rice but do not wash it; put it into a stewpan with sufficient water to cover it, with the sugar (or salt), and let it swell till the water is absorbed. Add

the milk and lemon rind, and stew gently for an hour put into moulds or tins, and serve with stewed fruit.

307. Rice Blancmange.

Ingredients.

Two and a half ounces of		One Bay leaf.
ground Rice.		Half a pint of Milk.
One tablespoonful of Sugar.		

Take enough milk from the pint to mix the rice smoothly. Put the remainder in an enamelled saucepan with the bay leaf, and let it remain until the milk is nicely flavoured. If lemon flavour is preferred, use the thin rind of half a lemon. Remove the flavouring and add the sugar, and pour over the mixed rice, stirring as the milk is poured in.

Return the mixture to the saucepan, and boil until the rice leaves the spoon easily, stirring the whole time. Pour into a damp mould, and let it stand in a cool place for three or four hours before turning out. Serve stewed fruit or custard with the blancmange.

308. Rice Cakes (Small).

Ingredients.

Half a pound of ground Rice.		Four ounces of Butter.
Six ounces of castor Sugar.		The whites of four Eggs.

Warm the butter slightly and then beat it to a cream. Add the rice and beat it well, then mix in the milk and the whites of eggs well beaten. Drop the mixture in small cakes on a buttered baking-tin and sift sugar over them. Bake in a well-heated oven.

309. Rice Froth.

Ingredients.

Eight ounces of Rice.		Quarter of a pint of Milk.
One ounce of Sugar.		Whites of two Eggs.
A little Raspberry or other Jam.		

Boil the rice in water ; when nearly done add the milk, and let it boil a little longer, stirring well. Put into a pie-dish, and when cold cover with the whites of the eggs beaten to a stiff froth with the sugar, dotting the jam about in small lumps on top.

310. Rice Pudding (Plain).

Ingredients.

One ounce and a half of Rice.		One dessertspoonful of Sugar.
One pint of Milk.		Half an ounce of Butter.
A little Nutmeg.		

Wash and pick over the rice, and put it in a pudding-dish. Boil the milk and pour it over the rice. Mix in the butter and sugar, and grate a little nutmeg over the whole. Bake the pudding in a moderate oven for two hours. After the first hour it should be placed where it will not brown, but will allow the milk to thicken with the rice.

311. Rice Pudding à la Française.

Ingredients.

Four ounces of Carolina Rice.		Two ounces of Sugar.
One pint of Milk.		Four drops essence of Vanilla, or
One ounce of Butter.		Four ounces of ground Almonds.
Whites of three Eggs.		

Well wash the rice and put it into a double saucepan with the milk, and the butter, and sugar, and allow it to

cook slowly for two hours, stirring occasionally. Turn out, and let it get cold, then add the vanilla (or almonds) and the well-beaten whites of eggs. Grease a pudding-basin and steam the mixture for one hour and a half. Serve with jam or sweet sauce.

312. Rice Pudding with Burnt Sugar.

Ingredients.

Two and a half ounces of Rice.		Two tablespoonfuls of castor
Pint and a half of Milk.		Sugar.
		White of one Egg.

Wash the rice and put into the boiling milk (double saucepan) and let it simmer gently until well done. Put the sugar into a small saucepan with four tablespoonfuls of water, and let it boil until it becomes brown and thick, then spread it round a mould which has been previously warmed. Mix in the egg with the rice, and pour into the mould, and set it in a stewpan with some boiling water. Put the pan into the oven until the top of the pudding is brown, then set it on stove to simmer half an hour or longer. Turn out, and serve very hot.

313. Rice (whole in Moulds).

Ingredients.

Four ounces of Rice.		One dessertspoonful of Sugar.
One pint of Milk.		A Bay leaf.

Wash the rice and pick it over, and put it in a double pan. Boil the milk and pour it over the rice, add the bay leaf and sugar; if the flavour of lemon

is preferred add half the thin rind of a lemon. Cook the rice for two hours and a half, and see that the water in the outer pan is kept boiling all the time, and the pan is not allowed to boil dry. Pour into a damp mould, or small moulds, and put in a cool place for five or six hours. Turn out carefully. Serve stewed fruit with the moulds.

314. Roly-Poly Pudding.

Ingredients.

Jam.		Short Paste.
------	--	--------------

Use the recipe "Paste for Puddings." Take any quantity of paste, according to the size of the pudding required, and roll it out half an inch thick. Spread the jam over the paste, leaving a margin of an inch all round. Now slightly damp the margin left and fold the paste very lightly, but press the edges together. Wrap the pudding loosely in a buttered paper and steam for four hours. Sweet white sauce can be served with it if liked. The pudding can be made with golden syrup instead of jam for a change.

315. Sago Pudding.

Ingredients.

One ounce of Sago.		One dessertspoonful of Sugar.
One pint of Milk.		The thin rind of half a Lemon
Half an ounce of Butter.		A little grated Nutmeg.

Wash the sago and then put it in a pie-dish, with as much boiling water as will just cover it; let it stand for an hour. Meantime put the milk in a saucepan

with the lemon rind, and let it simmer until it is nicely flavoured. Pour away any water that the sago has not absorbed, and add the milk, which must have been strained and sweetened and the butter melted in it. Grate over it a little nutmeg, and bake it in a moderate oven for about an hour.

316. Satisfaction Pudding.

Ingredients.

One teacupful of Butter, or Albene.	One teacupful of preserved Ginger chips.
One teacupful of Milk.	One teaspoonful Bicarbonate of Soda.
One teacupful of Golden Syrup.	Six ounces of Flour.

Warm the butter, syrup, and milk together. When well mixed, sprinkle in enough flour to make a stiff batter; add the ginger chips and soda last thing, and steam for about five hours.

317. Semolina Mould.

Ingredients.

Two ounces of Semolina.	One pint of Milk.
One ounce of Sugar.	Half a Lemon.
Half a teaspoonful of Vanilla.	

Rinse a saucepan with cold water, then put in the milk and sugar. When it boils add the semolina, slowly, stirring all the time. Cook for three-quarters of an hour, then add the flavouring. Rinse out a mould with cold water, pour the mixture in, and let it stand until cold.

318. Snow Balls.

Ingredients.

Half a pound of Carolina Rice.	Four ounces of lump Sugar.
Pint and a half of Milk.	Four good cooking Apples.
A little Nutmeg.	

Wash the rice in a strainer, and pick it over carefully. Put it into a saucepan with the milk, and cook it until the milk is thick ; add the sugar and nutmeg, stirring all the time. Peel and core the apples. Wet the corners of a clean cloth, and spread them over with rice. Place an apple in each centre, adding a little sugar and a clove in each. Work the rice up so as to form a crust all round. Tie up securely and boil half an hour. (A ball in each corner.)

319. Snow Pudding.

Ingredients.

Eight ounces of Sugar.	Three Lemons.
Quarter of an ounce of Vegetable Gelatine.	Whites of three Eggs.
	Half a pint of Water.

Soak the gelatine in the water, add the grated rind and juice of the lemons and the sugar. Boil all together for a few minutes, let it cool, then add the well-whipped whites of eggs. Mix well together, put into a mould to set till next day, or may be served at once in a glass dish.

320. Snowdon Pudding.

Ingredients.

Eight ounces of white Bread-	Three ounces of Sugar.
crumbs.	Three tablespoonfuls of Jam
Six ounces of Albene.	(peach or apricot).
Whites of four Eggs.	

Mix the bread-crumbs and Albene together with the sugar and jam ; add the well-beaten whites of eggs last thing. Steam in a well-greased basin for about three hours. Serve with a sauce of the same jam as used in the pudding, and whipped cream.

321. Spotted Dick.

Ingredients.

Six ounces of Flour.	Three ounces of Albene.
Four ounces of Sultanas, or	One teaspoonful of Baking-
Raisins.	powder.
Water.	

Chop the Albene as you would suet, and mix it into the flour with the sultanas (or raisins) and the baking-powder. Add as much water as will make a paste thick enough to roll out, as for roly-poly pudding or jam roll. When rolled out fold over and put into a pudding cloth and boil for about one hour.

322. Stewed Apples and Peach Jam.

Ingredients.

Eight ounces peach Jam (or	Half-pint of Water.
bottled Peaches).	Six or eight large even-sized
Four ounces of Sugar.	Apples.
Two gills of Cream.	

Boil the sugar and water together for half an hour, Have the apples ready peeled, and cored, and put them

into the sugar and water ; let them stand to simmer for four or five hours very slowly (they must be cooked, but not broken). Take out the apples very carefully and fill them with the peach jam. Whip the cream and put a little on each apple. Pour the syrup round and serve.

323. Stewed Figs.

The best way to ensure dried figs being soft is to soak them overnight in cold water, and then stew them in a jar in the oven, gently, for several hours. A little ginger or a few drops of lemon-juice is an improvement.

324. Strawberry or Gooseberry Fool.

Ingredients.

One pound of either Fruit.	One gill of Water, or Milk.
Half pound of Sugar.	One gill of Cream.

Cook the fruit in the water (or milk) with the sugar, for twenty minutes, or until tender and well cooked ; then rub through a sieve with a wooden spoon. When the fruit is cold add the cream, mix well, and serve cold.

325. Strawberry Pudding.

Ingredients.

Four ounces of Flour.	One ounce of castor Sugar.
Two ounces of Butter or Albene.	Whites of two Eggs.
Half a teaspoonful of Bicarbonate of Soda.	Two tablespoonfuls of strawberry Jam.

Beat the butter to a cream, add it to the sugar ; whip the whites of eggs to a stiff froth, and mix it with butter

and sugar. Sprinkle the flour in gradually, stirring all the time. Put in the jam, well mixing all the time; add the soda last thing. Steam in a well-buttered mould or basin for four hours.

326. Sultana Pudding (Steamed).

Ingredients.

Half a pound of Flour, or Rusk-crumbs.	Quarter of a pound of mashed Potatoes.
Twelve ounces of Sultanas.	Quarter of a pound of Albene.
Quarter of a pound of brown Sugar.	One tablespoonful of Treacle.
Quarter of a pound of mashed Carrots.	Two ounces of finely-cut candied Peel.

Well mix the flour (or bread-crumbs), sultanas (after they have been carefully picked over), carrots, and potatoes (both must be well mashed first), and sugar together. Warm the treacle and Albene and add these with the candied peel last thing. This pudding is improved by being mixed overnight, and should rise very high. Steam in a buttered basin about four hours.

327. Sweet Potato Pudding.

Ingredients.

Four ounces of Potatoes.	Three ounces of Sugar.
Two ounces of Butter, or Albene.	Whites of three Eggs.
	Juice of one Lemon.

Cook and mash the potatoes, beat in the butter and sugar, then add the well-beaten whites of eggs, and, lastly, the juice of the lemon. Put into a well-greased mould and steam for half an hour. Can be baked if liked.

328. Tapioca and Apple Pudding.

Ingredients.

One ounce of Tapioca.	Half an ounce of Butter.
One pint of Milk.	Half a pint of stewed Apple.
One dessertspoonful of Sugar.	A little grated Nutmeg.

Wash the tapioca and soak it in as much boiling water as will cover it for an hour. Boil the milk and put in the sugar and butter. Place the apples at the bottom of a pie-dish. Now pour away any water that has not been absorbed by the tapioca, and spread the tapioca over the apples. Pour in the sweetened milk, and grate a little nutmeg over all. Bake in a moderate oven for an hour.

329. Tapioca Pudding.

Ingredients.

One ounce of Tapioca.	The thin rind of half a Lemon.
One pint of Milk.	A tablespoonful of finely-grated
One dessertspoonful of Sugar.	Bread-crumbs.
Half an ounce of Butter.	A little grated Nutmeg.

Wash the tapioca and put it in a pie-dish. Cover it with boiling water and let it stand an hour. Pour off any water that has not been absorbed. Meantime, put the milk to simmer with the lemon rind, until it is nicely flavoured, then remove the lemon and add the sugar and butter. Sprinkle the bread-crumbs over the tapioca, and pour over the milk. Grate a little nutmeg over the pudding, and bake for an hour in a moderate oven,

330. Treacle Pudding.

Ingredients.

Golden Syrup.

|

Paste.

Make the paste according to recipe "Paste for Puddings." Roll out to half an inch, and spread golden syrup over the paste, leaving a margin of an inch all round. Dip the pastry brush in cold water and slightly squeeze the edges. Wrap loosely in buttered paper and steam for three hours.

331. Treacle Tart.

Ingredients.

Three tablespoonfuls of Golden Syrup.

|

Two ounces of Bread-crumbs
Half an ounce of Butter.

Paste.

Make the paste according to recipe for "Paste, Puff for Tarts and Tartlets." Line a shallow eight- or nine-inch tin with paste. Put in the bread-crumbs, which must be very fine. Melt the butter, and pour it over the bread-crumbs, and warm the golden syrup and pour that evenly over all. Bake in a hot oven for about twenty minutes.

332. Valentia Pudding.

Ingredients.

Eight ounces of Bread- or Rusk-crumbs.

Three ounces of Valentia Raisins.

One ounce of Butter.

|

One pint of Milk.

Three ounces of Sugar (castor).

Whites of three Eggs.

Vanilla or Wine to flavour.

Put the milk and butter on to boil. When it boils add the crumbs, sugar, stoned and coarsely-chopped

raisins. Boil for two or three minutes, and put aside to cool. Beat the eggs to a froth, and add them to the cool mixture. Mix well, and flavour to taste. Pour into a greased mould or basin, cover the top with a greased paper, and steam for two hours. Allow the pudding to stand until it shrinks away from the side of the basin, which will be in a minute or two. Turn out carefully on to a hot dish. Serve with a good sweet sauce.

333. Vegetable Marrow Tartlets.

Ingredients.

Vegetable Marrow (about one and a half pounds).	One teaspoonful of Ginger.
White of one Egg.	Half a pint of Milk.
	One tablespoonful of Sugar.
	One tablespoonful of Flour.

Peel and remove the seeds of the marrow and cook for twenty minutes in the milk, with the sugar and ginger. When tender, pass through a sieve, return to the saucepan, and add the flour, mixed to a smooth paste, with a little of the milk; let it thicken, stirring all the time (about five minutes). Remove from the fire, add the well-whipped white of egg. Make some pastry, according to recipe No. 396, fill with the mixture, and bake for twenty minutes.

334. Vermicelli Pudding (No. 1).

Ingredients.

Four ounces of Vermicelli.	A dessertspoonful of Sugar.
One pint of Milk.	Half an ounce of Butter.
Half the thin rind of a Lemon.	A little grated Nutmeg.

Put the milk to simmer with the lemon rind until it is nicely flavoured, then take it out and add the sugar and butter.

Throw the vermicelli into plenty of fast-boiling water and let it boil quickly for five minutes, then drain it well. Now stir it into the sweetened milk, and let it boil up, stirring until it boils.

Turn it into a pie-dish and grate a little nutmeg over it, and let it bake in a moderate oven for one hour.

335. Vermicelli Pudding (No. 2).

Ingredients.

One pint of Milk.
Two ounces of Vermicelli.
Whites of two Eggs.

Two tablespoonfuls of castor
Sugar.
Rind of two Lemons (grated).

Put the milk into a double saucepan and let it boil, then sprinkle in the vermicelli, breaking it up a little as you do so. Allow it to boil gently in the milk till it looks clear, and is soft, and about twice its original size. Then add the sugar and grated lemon rinds, and let it cool for five minutes. Add the well-beaten whites of eggs. Pour the mixture into the greased basin, or mould, cover with a greased paper, and steam gently for about half an hour. Turn out carefully and serve hot or cold, garnished with orange fritters made according to recipe for "Orange Fritters."

336. Wine Pudding.

Ingredients.

Eight ounces of stale Cake-
crumbs.
One wineglass of Sherry.

One pint of Milk.
Whites of two Eggs.
One ounce of Sugar.

Pass the cake through a nut mill, or break into small pieces, put it into a basin and pour the boiling

milk over; let it stand for fifteen minutes, then beat well with a fork, and add the sugar and sherry. Put into a greased pie-dish to bake. Whip the whites of the eggs to a stiff froth, put them on the top, and bake for twenty minutes. (A little lemon rind or juice may be added, if liked.)

NUT DISHES.

INTRODUCTION.

These are the best and most natural food of man ; they are loved by children, who are always hungry for them, in marked contrast with their attitude towards meat, which they often have to be forced to eat. Yet once they have been forced to take it for a time, it may, like other stimulant poisons, set up a craving and, therefore, have to be continued.

Like all natural foods nuts are best taken uncooked and in their natural state, and those who begin to eat them as children prefer them uncooked ; but adults who have ruined their circulation, teeth, and digestion by years of stimulant poison taking, may be quite unable to do this. Hence the use of very tender nuts at first, and often more or less careful cooking, has become for them a necessity.

Nuts are a comparatively concentrated food, being for the most part twice as nourishing as bread, and with one or two exceptions they are free from starch, which is the cause of so much dyspepsia in degenerate stimulant takers. They are a food which is already fairly cheap, but which, with the expenditure of a little care and forethought on production and storage, might easily be rendered cheaper still.

337. Almond Biscuits.

Ingredients.

Two ounces of Almonds.	Half an ounce of castor Sugar.
Two ounces of Flour.	White of one Egg.
One tablespoonful of milk.	

Blanch the almonds and put them through a nut mill twice; well mix them with the sugar and flour. Whip the eggs and add the milk, and mix all together thoroughly. Roll out fairly thin, cut into small rounds, and bake in a quick oven for ten or fifteen minutes.

338. Almond and Bread Pudding.

Ingredients.

Three ounces of sweet Almonds.	The grated rind and juice of a
Six Bitter Almonds.	Lemon.
Four ounces of Bread-crumbs.	The whites of three Eggs.
Two ounces of Butter.	Two tablespoonfuls of Sugar.
Half a pint of Milk.	Two tablespoonfuls of Flour.

Blanch the almonds and put them through the nut-mill. Pound them well, adding a little water occasionally to prevent them oiling. Add them to the milk, and let them simmer on the stove for a quarter of an hour, then pour over the bread-crumbs, and add the butter, sugar, flour, and lemon rind and juice. Beat the whites of eggs to a stiff froth and mix them well into the other ingredients. Butter a mould and pour in the mixture and steam for four hours.

339. Almond Cake.

Ingredients.

Four ounces of ground Almonds.	Six ounces of Flour.
Four ounces of Butter.	One ounce of Citron.
Four ounces of Albene.	One teaspoonful of Baking-
Three ounces of Sugar.	powder.
Three whites of Eggs.	

Beat the butter and Albene to a cream and add the sugar and flour, a little at a time, so that they may be well mixed; then add the almonds and thinly-sliced citron and mix them well together. Mix the whites of the eggs to a stiff froth and add to the other ingredients, stirring all the time; add the baking-powder last thing. Put into a well-buttered cake-tin and bake for three-quarters of an hour.

340. Almond Cake (German).

Ingredients.

Half a pound of Almonds.	A teacupful of Milk.
Half a pound of castor Sugar.	Two ounces of Butter.
The whites of ten Eggs.	The grated rind of a Lemon.
Four ounces of Flour.	

Blanch the almonds and put them through the nut mill; then pound them well in a mortar, a little at a time, adding a drop of water occasionally to prevent them oiling. Make the milk hot enough to melt the butter. Mix the sugar, flour, and lemon rind very carefully, and then add the milk, a little at a time, and mix until perfectly smooth. Now add the almond paste to the flour, &c., and mix all well together; then beat the whites of eggs to a stiff froth and mix them in

also. When all the ingredients have been carefully mixed, spread the mixture about an inch thick on a well buttered and floured baking-tin. Bake in a moderate oven from twenty minutes to half an hour.

341. Almond Cones.

Ingredients.

Four ounces of ground Almonds.		Half a teaspoonful of powdered
One ounce of castor Sugar.		Cinnamon.
		Whites of three Eggs.

Mix the almonds, sugar, and cinnamon well together; whip the whites of eggs to a stiff froth, and add to the mixture. Line a flat baking-sheet with buttered paper. Put little rough heaps of the mixture on the sheet, a good distance apart. Bake very carefully in a slow oven for fifteen minutes. (Watch carefully or they will burn.)

342. Almond Cup Pudding.

Ingredients.

Four ounces of sweet Almonds.		Two whites of Eggs.
Two ounces of bitter Almonds.		One tablespoonful of Cream.
Two ounces of Butter, or Albene.		One and a half ounces of Flour.
		One ounce of castor Sugar.

Blanch the almonds and pass them through a nut mill, then pound them well in a mortar for about ten minutes; add the butter (beaten to a cream) and the cream and sugar, then add the flour slowly, stirring all the time. Whip the whites of the eggs to a stiff froth, and mix all together. Grease some small tins and half fill them, put into a quick oven for about half an hour.

Serve with brandy sauce, if desired. If made into six puddings, each one is equal to 117 grains or three ounces of bread.

343. Almond and Honey Cakes.

Ingredients.

One pound of Flour.	One teaspoonful of powdered
One pound of Honey.	Cloves.
Six ounces of Almonds (ground).	One teaspoonful and a half of
Three ounces of Albene.	Bicarbonate of Soda.
Three ounces of Butter.	

Put the honey, butter, and Albene on the fire, and let it boil up. Mix the flour, cloves, and almonds together, pour the boiling mixture on them. Mix the carbonate of soda in a little cold milk and add the last thing. Mix all well together and let it stand for five or six hours; then roll out into one-inch thick rounds or squares, put a few almonds on the top, and bake till a golden brown (about fifteen minutes).

344. Almond Milk.

Ingredients.

Four ounces of sweet Almonds.	Orange-flower Water.
Six bitter Almonds.	One quart of Water.

Blanch the almonds and put them through a nut mill. Pound them, a little at a time, adding from time to time a spot of orange-flower water, to prevent them oiling. When all are well pounded return them to the mortar and pour the cold water over them, and mix well. Place a clean cloth over the mortar, put a plate over that, and let them stand three or four hours, then strain and bottle for use. This is a very

nourishing drink but not so nourishing as milk, as may be seen by studying the "Table of Food Values."

345. Almond Pastry.

Ingredients.

Four ounces of sweet Almonds.
Two bitter Almonds.
Four ounces of Flour.
Four ounces of castor Sugar.

The whites of three Eggs.
A quarter of a teaspoonful of
Baking-powder.

Blanch the almonds and put them through a nut-mill, then pound them well in a mortar, a little at a time, adding occasionally one drop of water to keep them from oiling. When they are all well pounded return the whole to the mortar, and add gradually the flour, which must be sifted, and the sugar. Stir in the whites of eggs, which must be well whisked. Drop one tablespoonful, for each cake, on a cake-tin, and put them to bake immediately in a moderate oven for about ten minutes.

They should be kept in a closed tin in a dry place.

346. Almond Pudding.

Ingredients.

Four ounces of ground Almonds.
Eight ounces of white Bread-crumbs.
Four ounces of Sugar.

Two ounces of melted Butter.
Whites of three Eggs.
Grated rind of one Lemon.
A little grated Nutmeg.

Mix the bread-crumbs, almonds, sugar, lemon, and nutmegs together and add the melted butter; then whip the whites of the eggs to a stiff froth and mix with the other ingredients. Put into a well-greased basin,

cover with greased paper, and steam for two hours. Serve with any sweet sauce. Equal to 850 grains.

347. Almond and Raisin Pudding.

Ingredients.

A quarter of a pound of Bread-crumbs.	Two ounces of Butter.
Two dozen Almonds.	Two ounces of Sugar.
A quarter of a pound of Raisins.	Two ounces of Flour.
The whites of three Eggs.	Half a pint of Milk.

Blanch the almonds and put them through the nut mill, then pound them well in a mortar. Add one drop of water occasionally to prevent them oiling. Stone the raisins and chop them, but not very fine, and add them with the almonds, sugar and flour to the bread-crumbs. Make the milk hot and melt the butter in it, and stir it into the other ingredients. Beat up the whites of eggs and add them also, stirring the whole very carefully. Butter a mould and put in the mixture, and steam for four hours.

348. Almond and Rice Cakes.

Ingredients.

Two ounces of ground Almonds.	Two ounces of castor Sugar.
Two ounces of Butter, or Albene.	Four ounces of ground Rice.
Two whites of Eggs.	

Beat the butter to a cream; add the sugar and almonds, then sprinkle in the rice, beating it all the time. Whip the whites of the eggs to a stiff froth, and mix all together. Drop about a teaspoonful on a well-greased baking-tin, either flat or shallow, and bake in a quick oven for five or ten minutes,

349. Almond Soup.

Ingredients.

Four ounces of Almonds.
One quart of Milk.
Six Cloves. One small blade of
Mace.
Four ounces of Onions.

One ounce of Butter.
Two dozen white Peppercorns.
A tablespoonful of white Roux,
or a small dessertspoonful of
Corn Flour.

Put the milk in a saucepan with the cloves, mace, and peppercorns; bring it to boiling-point, and let it stand on the stove, where it will just simmer.

Slice the onions, and fry them in the butter a pale golden colour; be very careful not to let them brown. Now add them to the milk and let it boil up once more, then set it aside to simmer for half an hour; strain it, and allow it to cool.

Blanch the almonds, put them through a nut mill, then pound them well in a mortar, adding one drop of water occasionally to prevent them oiling. When the almonds are well pounded and the milk is cool, add the milk, a little at a time, to the almond paste, mixing it as smoothly as possible until it is all used.

Now boil up the soup, stirring all the time. Thicken with either a tablespoonful of white roux, or a bare dessertspoonful of corn flour. ("See Hints on Cooking.") Boil up again.

Serve with croûtons.

350. Brazil Nut Cutlets.

Ingredients.

Four ounces of Bread-crumbs.	Half a pint of White Sauce.
Three ounces of skinned and grated Brazil Nuts.	Two teaspoonfuls of mixed Herbs (Parsley, Thyme, and Mace).
Whites of three Eggs.	

After preparing the bread-crumbs and nuts, it is better to run them both through a nut-mill, and then add the herbs. To make the sauce for binding, put a teaspoonful of butter into a small enamel saucepan, to which add gradually half a teaspoonful of flour; when this boils add about a teacupful of milk. When boiled and thickened a little, add to the nuts and bread-crumbs. Add the well-beaten whites of eggs last thing, and a little lemon-juice if liked. Allow it to cool, then form into cutlets and fry in boiling Albene. Serve with bread sauce. Make into ten cutlets, when each will be calculated as sixty-three grains, or equal to about two ounces of bread.

351. Chestnuts with Bread Sauce.

Ingredients.

One dozen Chestnuts.	Half a pint of Bread Sauce.
Half a pint of Milk and Water.	

Make the sauce according to recipe given for "Bread Sauce." Prepare the chestnuts as No. 357, and smother with bread sauce.

352. Chestnut Cream.

Ingredients.

One pound of Chestnuts.	Vanilla pod.
Two ounces of castor Sugar.	Half a pint of Milk.
White of one Egg.	One gill whipped Cream.

Slit the chestnuts and boil them in water till nearly tender; then drain and shell them, remove the inner skin, and cook them till quite done, in the milk, containing a piece of the vanilla pod. Rub the nuts through a wire sieve. Cream the sugar and eggs together. Put it to the purée, and mix well over the fire. Stir till cool, and place on ice. To serve, pass the purée through a coarse sieve on to the dish in which it will be sent to table. Mask the surface with whisked and sweetened cream, to which a little vanilla flavouring has also been added. Decorate it neatly, shaping by means of a forcer a pretty pattern on top, and place a few crystallised violets on top, or rose leaves. The dish is then ready for table.

353. Chestnut Flour Soup

(GROULT'S PREPARED CHESTNUT FLOUR.)

Ingredients.

One quart of Milk.	One Spanish Onion (skinned
Four ounces of Chestnut Flour.	and scalded).
A tablespoonful of Cream.	

Boil the milk with the onion (in a double saucepan) for one hour. Mix the chestnut flour to a smooth paste in a little cold milk, and add it to the boiling milk; let

it simmer for half an hour. Take the onion out last thing and add the cream.

354. Chestnuts Fricasseed.

Ingredients.

One dozen Chestnuts.		Half a pint of Savoury White
Half a pint of Milk and Water.		Sauce.

Make the sauce according to recipe given for "Savoury White Sauce." Bake the chestnuts in a hot oven for ten minutes or less if they are young. The peel and inner skin can then be easily removed. Drop them into the milk and water—equal parts of each—and stew them gently with a little salt for half an hour, keeping the saucepan covered. Now drain them, and put them on a dish and pour the sauce over them. It will be best to try the chestnuts when they have been in the oven a little more than five minutes, as they should be removed as soon as the skin will come away easily. More chestnuts should be baked than are really wanted, as there are often bad ones amongst them.

355. Chestnut Patties.

Ingredients.

One and a half pounds of Chest-		A quarter of a pint of Milk.
nuts.		Two teaspoonfuls of mixed
Two tablespoonfuls of Cream.		Herbs.
		Eight or ten Pattie cases.

Throw the chestnuts into boiling water for half an hour, remove both outer and inner skins, and pass through a fine sieve, then add the cream, milk, herbs,

and pepper, and mix well together; if too stiff, a little more milk and cream can be added. Fill the cases and put them in the oven for fifteen minutes. Serve, garnished with parsley.

356. Chestnut Pie.

Ingredients.

One pound of Chestnuts.	Three tablespoonfuls of Sauce.
Two ounces of Butter.	One tablespoonful of Rusk-
Three ounces of Macaroni.	crumbs.
One tablespoonful of Flour.	

Throw the chestnuts into boiling water for half an hour; take them out a few at a time and skin them; pass them through a nut mill or sieve. Cook the macaroni in one pint of milk, drain, and cut it up into small pieces. Make a sauce of the milk it was boiled in with the flour and butter. Well grease a pie-dish and put a layer of macaroni at the bottom, then a layer of the sauce, then put the chestnuts. Add the rest of the sauce, and put a thin layer of macaroni and rusk-crumbs on the top. Put in the oven for half an hour to brown.

357. Chestnut Purée.

Ingredients.

One dozen Chestnuts.	One Onion the size of a walnut.
Half a pint of Milk.	One ounce of Butter.
Pepper.	

Bake the chestnuts in a hot oven for about ten minutes, when the inner skin will come off easily. Put them in a saucepan with the milk and onion. Bring them quickly to boiling-point, then let them stew slowly

for half an hour. Keep the saucepan covered while they are stewing. Now remove them from the milk, leaving the onion behind, and rub them through a sieve. Work half a teaspoonful of corn flour into the butter; then stir three tablespoonfuls of the milk, in which the chestnuts were stewed, into the chestnuts, and add the butter and corn flour and a little pepper. Stir over the fire until the butter is melted, and serve very hot.

358. Chestnuts (Scalloped).

Ingredients.

One dozen Chestnuts.	One ounce of Butter.
Half a pint of Milk.	Pepper.
One Onion the size of a walnut.	Bread-crumbs.

Prepare the chestnuts exactly as in the preceding recipe until they are rubbed through the sieve. Then add three tablespoonfuls of the milk in which the chestnuts were stewed, and a little pepper. Now put the mixture in buttered scallop shells and cover with bread-crumbs. Break up the butter in small bits and place it over the scallops, and put in a hot oven for a few minutes to brown.

359. Chestnut Souffle.

Ingredients.

Two pounds of Chestnuts.	Four ounces of castor Sugar.
Half a pint of Milk.	Whites of four Eggs.
Vanilla pod.	

Cook the chestnuts in boiling water for a quarter of an hour; remove the outer and inner skins, and put them in a stewpan with the milk and Vanilla pod, and

cook slowly till the nuts are tender. Remove the Vanilla pod. Mash the chestnuts and pass them through a fine sieve. Return the purée thus obtained to a clean stew-pan ; add the castor sugar to it. Whisk the whites of eggs stiffly and incorporate with the purée. Butter a soufflé-dish and fill three parts with the above preparation. Bake it in a moderately-heated oven for about forty minutes. Dredge the top with Vanilla sugar, and place the soufflé-dish on a round flat dish covered with a folded napkin. Serve quickly.

360. Chestnut Soup (No. 1).

Ingredients.

One quart of Milk.		Three Bay leaves.
One pound of Chestnuts.		One gill of Cream.
	Pepper to taste.	

Throw the chestnuts into boiling water, and let them boil for three-quarters of an hour ; remove all skins and pass through a sieve. Then add them to the boiling milk (double saucepan) with pepper and bay leaves ; add cream the last thing, and serve with fried croutons.

361. Chestnut Soup (No. 2).

Ingredients.

Two dozen Chestnuts.		Six Cloves.
One quart of Milk.		Three ounces of Onions.
Half an ounce of Butter.		One dozen white Peppercorns.

Bake the chestnuts either on the stove or in a hot oven until the skins are easily removed, which will be in ten minutes or less, according to age. More chestnuts

should always be baked than are required, to allow for bad ones. Remove the skins and drop them into a saucepan, in which the milk and the peppercorns and cloves—tied in a bit of muslin—has already been heated. Place the saucepan on the stove where the milk will keep hot without boiling.

Slice the onion very thin and fry it in the butter, a very pale yellow; be careful that it does not brown. Now add it to the milk and let it simmer until the chestnuts are tender, which will be in about half an hour. Remove the muslin containing the cloves and peppercorns, and rub all through a sieve. Return to the saucepan and thicken with a tablespoonful of white roux, or a dessertspoonful of corn flour. (See "Hints on Cooking.") Allow to boil up, and serve, with croûtons of fried bread or toast cut in dice.

362. Cocoa-nut Biscuits.

Ingredients.

Half a pound of desiccated Cocoa-nut.		Two ounces castor Sugar. Three ounces ground Rice.
Whites of three Eggs.		

Mix well together the cocoa-nut, sugar, and ground rice. Whip the whites of the eggs to a stiff froth and add to the other ingredients, a little at a time, until it is well mixed. Then put on a well-greased baking-tin, in very rough heaps (about a tablespoonful). Bake in a quick oven for five minutes, then let the oven cool down, and cook slowly for half an hour. They should be a golden brown.

363. Cocoa-nut Cakes.

Ingredients.

Eight ounces of Flour.
 Three ounces of Butter.
 One and a half ounces of Sugar.
 Whites of three Eggs.

Four ounces of Cocoa-nut (desiccated).
 Two teaspoonfuls of Baking-powder.

Well mix the flour and butter together, then add the sugar, cocoa-nut, and baking-powder. Whisk the eggs to a stiff froth, and mix with the other ingredients thoroughly for a few minutes, then drop about a tablespoonful in little heaps on the oven shelf or baking-sheet, and bake in a moderate oven for fifteen minutes.

364. Grated Cocoa-nut Pudding.

Ingredients.

One large Cocoa-nut.
 A clear Strawberry or Currant Jelly.

Take a large cocoa-nut, break in pieces, pare off the bark outside. Throw the pieces into cold water, then dry them with a cloth and grate on a coarse grater, and heap it on a flat dish, and serve with any good preserve ; or arrange it round a jelly flavoured with raspberry or strawberry.

365. Mixed Nut Purée (No. 1).

Ingredients.

Three ounces of Walnuts.
 Three ounces of Almonds.
 Three ounces of Chestnuts,
 or Brazils.

Four ounces of Biscuits.
 Half a pint of Cream.
 A quarter of a pint of Milk.
 A few drops of Vanilla.

Blanch the almonds and remove every particle of skin from the walnuts and chestnuts (or Brazils), and put

them all through a nut mill, and mix well together. Boil the milk separately and pour over the nuts ; allow it to cool, then add the cream and Vanilla, and beat all thoroughly together. Put the biscuits (sweet or plain ones, as liked) into a glass dish, and pour the mixture over and allow it to stand for about two hours. A little whipped cream may be put on the top, if liked, or a few ratafia biscuits and crystallised cherries.

366 Mixed Nut Purée (No 2).

Ingredients.

Five ounces of Almonds.	One teaspoonful of Vanilla.
Four ounces of Pine kernels.	Four ounces of Biscuit (any
One and a half ounces of Walnuts.	kind).
One and a half pints of Milk.	

Prepare the nuts and pass them through the nut mill twice, also the biscuits. Mix all well together, pour the boiling milk over, and add the Vanilla. When cold, serve in a glass dish with whipped cream.

367. Nut Pudding (No. 1).

Ingredients.

Six ounces of Pignolias.	Whites of four Eggs.
Six ounces of Almonds.	Four ounces of Rusk-crumbs.
Six ounces of Walnuts.	Flavour with a little Lemon.

Prepare the nuts and put them two or three times through a good nut mill, then pound in a mortar ; add the rusk-crumbs. Beat the whites of the eggs to a stiff froth, add the flavouring, and mix all well together. Put into a well-greased basin and steam for about seven hours. It may be cooked without the rusk-crumbs if

desired, and is nice either cold or hot. One ounce of this is equal to ninety-five grains proteid, or two and a half ounces of bread.

368. Nut Pudding (No. 2).

Ingredients.

Four ounces of Pignolias.		Four ounces of Rusk-crumbs.
Four ounces of Almonds.		Four ounces of Sultanas.
Whites of four Eggs.		

Prepare the nuts and grind in a nut mill well, then pound with a pestle and mortar thoroughly. Put the rusk-crumbs through the nut mill and then through the sieve; pick over and soak the sultanas in cold water (the night before), strain, and add them to the nuts and crumbs. Beat the whites of the eggs to a stiff froth, and mix in last thing. Put into a basin and steam for six or seven hours. One ounce is equal to ninety-six grains proteid, or two ounces of rusk.

369. Nut Pudding for Diabetic Patients.

Ingredients.

Four ounces of Pine kernels.		Four ounces of Brazil nuts.
Four ounces of Almonds.		Four ounces of Walnuts.
Whites of five Eggs.		

Well grind the nuts and pound them well in a mortar. Add the well-beaten whites of eggs, and steam in a well-greased basin for about five hours. Albumen value, 1852 grains.

370. Nut and Fruit Pudding.

Ingredients.

Eight ounces of Pine kernels.	Four ounces of Dates, or Figs.
Eight ounces of Almonds.	Four ounces of Sultanas.

Blanch the almonds and grind them with the pine kernels in a nut mill, and pound well in a mortar. Clean and partly cook the sultanas by pouring boiling water over them a few hours before required. Stone and clean the dates and chop them up ; mix all well together by putting them through a mincing machine. Steam in a basin or mould, about seven hours. Any other nuts or fruits may be substituted. Albumen value, about the equal of rusk, weight for weight.

371. Nut Jelly.

Ingredients.

Two ounces of grated Almonds.	Two tablespoonfuls of Cream.
Two ounces of grated Pine kernels.	Half an ounce of Vegetable Gelatine.
One and a half pints of Milk.	One ounce of castor Sugar.

Soak the gelatine all night in a little of the milk ; put the remainder of the milk into a double saucepan and bring to boiling-point, then add the gelatine, and allow it to boil for five minutes ; pour this over the very finely-ground nuts, add the sugar and cream, and beat all well together for ten minutes. Pour into a mould (rinse the mould with cold water first), and put it to set until next day.

372. Nut Paste for Sandwiches.

Ingredients.

Two ounces of Pine kernels.	Four drops of Rose-water.
Two ounces of Almonds.	Juice of one Orange.

Thoroughly grind the nuts by putting them twice through a good nut mill. Put them on to a plate, and add the rose-water and mash them well with a knife or a wooden spoon; add the orange-juice last thing; and put into small pots and serve like potted meat. A nice addition to the breakfast-table; eaten like potted meat.

373. Nut and Potato Patties.

Ingredients.

Five ounces of Potatoes.	One ounce of Butter.
Two ounces of Pine kernels.	One tablespoonful of Cream.
Two ounces of Almonds, or Walnuts.	A little Parsley and Pepper.

Well cook and mash the potatoes with the butter and cream, and cut into rounds about two inches thick, with a tumbler; cover with white of egg and bread-crumbs, and fry in boiling Albene until the outside is quite crisp. Take them out and drain them, and make a hole in the centre. Remove all the soft potato inside, or as much as possible without breaking the case. Grind the nuts together through a nut mill, and fill up the potato case with this. Or, if preferred, a filling of grated cheese is very nice, with a little chopped parsley on top. The above quantity will make six patties, and the value of each if filled with nuts or cheese is about eighty-six grains, or the equivalent of two and a half ounces of bread.

374. Pistachio Creams.

Ingredients.

Six ounces of Pistachio Nuts.		Two tablespoonfuls of Rose-
One pint of Cream.		water.
One ounce of Sugar.		

Blanch the nuts, and pound them well with the rose-water, until the consistency of paste. Add the cream and put into a small saucepan with the sugar, and let it just boil. Allow it to cool and put it into jelly or custard glasses. Serve cold.

375. Rice and Almond Moulds.

Ingredients.

Four ounces of Rice.		Two tablespoonfuls of Sugar.
One quart of Milk.		One ounce of sweet Almonds.
Two bitter Almonds.		

Blanch the almonds and put them through the nut mill, then pound them in a mortar, adding one drop of water from time to time, to prevent them oiling. Wash the rice carefully, and put it in a double pan with the sugar and almonds. Let it cook until the rice is tender, being careful to keep plenty of boiling water in the outer pan; it will take about two hours and a half to cook. Stir occasionally while the rice is cooking. Beat it with a wooden spoon for a minute, and press it into a damp mould. Let it stand in a cool place for at least five hours. Turn it out carefully, and pour either custard or cream over it.

376. Rice and Nuts.

Ingredients.

Four ounces of Carolina Rice. | Two ounces of grated Almonds.
One and a half pints of Milk.

Well wash the rice, and put on to boil with the milk in a double saucepan, until it becomes very firm—it should take two hours—then add the grated almonds; mix well, and put into a pie-dish, and bake for fifteen minutes. A few sultanas can be added if desired, and any kind of nuts can be substituted for almonds.

377. Rice and Nut Rissoles.

Ingredients.

Two ounces of Rice.	Three-quarters of a pint of
Three ounces of ground	Milk.
Almonds.	White of one Egg.
Two ounces of Pine Kernels.	Little Pepper.

Put the rice and milk into a double saucepan; cook them for two hours, or until the milk is absorbed, then add the almonds, and pine kernels and pepper; stir it round a few times until well mixed, then add the well-beaten white of egg. Mix again, then form into rissoles; roll in fine rusk-crumbs, and fry in boiling Albene. Equals 800 grains.

378. Walnut Balls or Rissoles.

Ingredients.

Four ounces of Walnuts.	Whites of three Eggs.
Four ounces of Bread-crumbs.	Half a pint of Sauce.
Seasoning, &c., as "Brazil Nut Cutlets."	

Proceed in exactly the same way as the "Brazil Nut Cutlets," No. 350, only forming into balls instead of flat. The value of each if made into ten balls will be seventy-five grains, or the equivalent of a little more than two ounces of bread.

379. Walnut Cutlets.

Ingredients.

Four ounces of Bread-crumbs.	Half a teaspoonful of Flour.
One ounce of shelled Walnuts.	One teacupful of Milk.
One teaspoonful of Butter.	White of one Egg.
One teaspoonful of grated Onion.	One Lemon.

Run the bread-crumbs and skinned walnuts through a nut mill. Then mix them in a basin with the butter and the grated onion. Melt a large teaspoonful of butter in a saucepan with half a teaspoonful of flour, and add the milk gradually. When this boils add the other ingredients, pepper to taste, and white of egg. When removed from the fire, add a teaspoonful of lemon-juice. Stir well, and turn out into a dish to cool, then shape into cutlets; dip in white of egg and bread-crumbs (or rusk-crumbs), and fry in boiling Albene. Serve with bread sauce or tomato sauce. If made into six cutlets the value of each is forty-six grains, or one ounce of rusk.

BREAD, PASTRY, CAKES, &c.

380. "Apsley" Rusks.

This form of toasted bread is much more easily digested than toast, as it is more completely cooked. The bread used in making the rusks must be at least three or four days old; new bread is difficult to cut into thin slices. The oven must be moderate, and the time taken in cooking will vary with its heat, averaging from twenty minutes to half an hour. Cut the bread thinly and place on the oven shelf, or on a slide that fits on to the oven shelf and can be taken in and out easily. The rusks must be carefully watched and turned as they become brown on one side, and should be made fresh each day. Use what are left over each day for making "Rusk Crumbs or Raspings."

381. Bannocks.

Ingredients.

One pound of fine Oatmeal.		One ounce of Butter.
Half an ounce of Baking-powder.		

Mix together the oatmeal and baking-powder, rub in the butter, and make it into a stiff dough with water. Roll out as thin as possible, cut into rounds with a tumbler. Butter a frying-pan, and cook a few at a time; when done on one side turn carefully. Serve with butter or golden syrup. Any left over can be put in the oven and made hot again.

382. Batter.

Ingredients.

Four ounces of Flour.		Quarter of a pint of tepid Water
Whites of two Eggs.		

Mix the flour with the water into a smooth batter; well beat the whites of eggs and stir them in last thing.

383. Batter for Frying.

Ingredients.

Half a pint of Milk.		Two ounces of Flour.
Half a teaspoonful of Baking-powder.		

Mix the milk and flour very smoothly together, adding the milk a little at a time until it is all used; stir in the salt. The batter must always be mixed at least three hours before it is required, or it will not be light. Add the baking-powder just before the batter is used, and be careful to mix it in very thoroughly. This batter is used for various recipes given throughout the book.

384. Batter for Frying Sweets.

Ingredients.

Four ounces of Flour.		One gill of Water.
Half an ounce of Sugar.		Whites of three Eggs.

Mix the flour with a quarter of a pint of cold water to a smooth paste. Add the whites of the eggs beaten to a stiff froth, and stir very lightly. Add the sugar last. It is then ready for use.

385. Bread.

Ingredients.

Four pounds two ounces of Flour.	One pint and three-quarters of Water.
Three-quarters of an ounce of Yeast.	A quarter of an ounce of Salt.

An American bread-mixer should be used in making this bread. (See "Hints on Cooking.") Best seconds flour is better than superfine flour. The water must be warm, but not too hot to bear the hand in. Mix the yeast smoothly with the water, pouring in a little at a time until it is all used; add the salt, and stir all well together. Pour the liquid into the bread-mixer. Now add the flour, which must be sifted. Fasten the top on the mixer, and turn the handle for exactly three minutes. Remove the cover, and have ready a well-floured pastry-board. Take a large knife and remove the dough from the central screw, divide it into four equal parts, and place each part in a well-greased bread-tin. Let the tins stand in a warm place for one hour to rise. The plate rack above an ordinary kitchen stove is a good place. Then put them in a very moderately heated oven, and after the first twenty minutes increase the heat until it is hot, but not so hot as is required for pastry. The loaves must bake for one hour. Bread is much better baked in tins; but if tins are not used, the dough must be divided into four, and formed into round cakes and placed on the oven shelves, which must be first floured. Three-quarters of an hour to rise, and the same time to bake, will then be quite long enough. Great care should be taken in weighing and measuring the quantities,

386. Bread-Raspings (to Prepare).

All pieces of bread should be put aside in a clean bowl, and when enough has been saved to fill a good-sized baking-tin, they should be baked in a slow oven until they are a rich golden colour all through. They should then be rolled on a pastry-board—a small quantity at a time—until they are fine enough for use, and then put into a biscuit-box with a well-fitting lid, which should be kept in a dry place. These raspings are used in many recipes for both sweet and savoury dishes, and a good supply should always be kept in hand. They are not only better and more easily digested than ordinary bread-crumbs for many dishes, but they are much more economical, and are the means of every scrap of bread being utilised. As the rolling would scratch and dent the board and rolling-pin used for pastry—and it is necessary to keep them perfectly smooth—a special rolling-pin and board should be kept for this purpose.

387. Bread (Sultana).

Ingredients.

Half a pound of Sultanas.
Dough.

| One large tablespoonful of
castor Sugar.

To make a very good sultana bread take a quarter of the dough—made according to preceding recipe—and put it to rise with the loaves; and then, before putting it into a tin, work the sultanas and sugar into it. The sultana loaf must be baked exactly like the other bread,

388. Croûtons.

Ingredients.

Bread.		Salad Oil, or Albene.
--------	--	-----------------------

Cut some slices of crumb of bread about half an inch thick. If the croûtons are required for soup they should be cut into dice, but if for garnishing they may be stamped into any shape, or cut into three-cornered pieces. Fry them in hot salad oil, or "Albene," and drain them on an inverted sieve. (See "Hints on Cooking.")

389. Devonshire Cutround.

Ingredients.

Eight ounces of Flour.		A small teaspoonful of Baking-
One ounce of Butter.		powder.
Little less than half a pint of Water.		

Mix the flour, butter, and baking-powder together thoroughly; add the water. Roll out and cut into rounds about one inch thick, with a tumbler. Bake in a quick oven, and serve hot—cut in two and buttered.

390. Fruit Loaf.

Ingredients.

Twelve ounces of Sultanas.		Whites of two Eggs.
One pound of Flour.		Quarter of a teaspoonful of
Eight ounces of Albene.		Bicarbonate of Soda.
Half pint of Milk.		

Rub the Albene and flour together; when well mixed add the sultanas. Put the soda into the milk, then add the well-beaten whites of eggs. Beat all thoroughly

together; put into a well-greased baking-tin, and bake in a quick oven for an hour and a quarter.

391. Johnny Cake.

Ingredients.

One breakfast-cupful of Maize Meal.	One teacupful of Sugar.
One and a half breakfast-cupfuls of Flour.	One ounce and a half of Butter.
	White of one Egg.
	Half a teacupful of Milk.
Baking-powder.	

Rub the butter into the flour, add the sugar and baking-powder; beat the egg and mix with the milk; add to the dry ingredients, forming a very thick batter. Bake in a well-greased shallow baking-tin, in a moderately hot oven for about three-quarters of an hour. Cut open and butter whilst hot; or it may be eaten cold. A teacupful of sultanas may be added if liked.

392. Lancashire Potato Cake.

Ingredients.

One pound of mashed Potatoes.	A quarter of a pint of Milk.
Half a pound of Flour.	Half a teaspoonful of Baking-powder.
Two ounces of Butter.	

The potatoes should be quite dry before they are put through the potato-masher. Rub the butter in the flour, then mix the potatoes and flour together. Stir in the milk, and roll out on a well-floured pastry-board about half an inch thick. Cut into cakes the size of a breakfast saucer, and bake in a quick oven. The cakes can be split and a little butter spread between, or they can be served plain. They must be sent to table very hot, and are best as a breakfast dish.

393. Pancakes.

Ingredients.

Half a pint of Milk.
Two ounces of Flour.

The whites of two Eggs.
Butter.

Mix the flour and milk smoothly together, adding a little milk at a time, until it is all used. Now put the batter aside, for at least two hours, or the pancakes will not be light. When it has stood, beat up the whites of eggs, rather stiff, and mix them well with the batter. A six-inch frying-pan makes the nicest pancakes, and for this size half a teacupful of batter will be required, and a piece of butter half the size of a walnut. Just let the butter get hot, and thoroughly grease the pan before putting in the batter. Turn with a broad-bladed knife as soon as brown, and brown on the other side. Roll when done, and sift powdered sugar over the pancakes. If whites of eggs are not handy, a teaspoonful of baking-powder instead makes excellent pancakes; but, of course, they are not so nourishing.

394. Buckwheat Pancakes.

Ingredients.

Four tablespoonfuls of
Buckwheat Meal.
Whites of two Eggs.

Half a pint of Milk.
Half a teaspoonful of
Baking-powder.

Whisk the whites of the eggs for a few minutes, then sprinkle in the meal a little at a time, add the milk, and beat well for ten minutes; let it stand for one hour, then fry as ordinary pancakes in a small frying-pan that has had a well-greased piece of paper rubbed over it. Serve very hot, with syrup.

395. Paste (Fried).

When paste, made according to either of the recipes, has been kept two or three days, and it is not required for tarts, &c., a very nice dish can be made by rolling it out three-quarters of an inch thick, and stamping it into small rounds, and frying these in either oil or Albene. The fat must not be quite so hot as for general frying. If the cook tries it by throwing in a bit of bread, and puts in the paste as soon as the bread crisps, and before the fat is hot enough to brown it, then the paste will be done perfectly.

The rounds of pastry should have sugar sifted over them, and be piled on a dish paper. Any stewed fruit is nice served with them.

396. Paste, Puff for Tarts and
Tartlets, &c.*Ingredients.*

One pound of Flour.		Half a pound of Butter.
A teaspoonful of Baking-powder.		

Divide the butter into three portions. Put the flour into a bowl, and mix the baking-powder thoroughly with it, first, however, taking out three tablespoonfuls for working the pastry. Rub one portion of the butter into the flour, and mix it with as little water as will make the paste smooth. Roll this out until it is an inch thick, then divide in halves. Put one half aside, and roll out the other until it is very thin, less than a quarter of an inch in thickness. Break up the second portion of the butter into small bits, and lay these over

the paste, leaving a margin of quite an inch to allow for the butter spreading in rolling. Dredge with flour, and fold in three, then roll out until the paste is an inch thick. Treat the other half in exactly the same manner, using the third portion of butter. When this is done, place the two pieces on the top of one another, and roll out until only half an inch thick. Now fold the paste and place it between two dishes, and put it aside in a cool place until next day.

When rolling out the paste for tarts, take care to keep it one way of the grain. If in using the cuttings they are placed straight, one on top of the other, the last bit of paste will be as light and flaky as the first used.

397. Paste, Puff (Old Recipe.)

Ingredients.

One pound of Flour.		One pound of Butter.
A teaspoonful of Baking-powder.		

Take three ounces of the flour from the pound, to use for working up the paste, and put the remainder in a bowl and mix it well with the baking-powder. Divide the butter into four portions, and rub one into the flour, then mix with as much water as will make a perfectly smooth paste. Now roll out the paste to the thickness of a shilling, and break up the butter into bits the size of a hazel-nut, and place them over the paste. Dredge lightly with some of the flour taken out for working. Be careful to leave a margin of an inch, to allow for the butter spreading in the rolling. Fold the paste into four, and roll out again to the thickness of a shilling. Repeat these directions exactly, in working in the third and fourth parts of the butter.

When all the butter has been used fold the paste into three, and once again lengthwise, and lay it in a deep dish and cover closely. Let it stand in a cool place for at least twelve hours. This paste will keep two or three days without baking, unless the weather is very hot. Be very careful in making up the paste into tartlets, tarts, &c., to keep it the way of the grain in rolling out, or as the flakes lie. The cuttings if placed flat, one on the top of the other, and rolled out, will then be just as light and flaky as when first rolled out. Some cooks spoil quite a quarter of the paste in the making of tartlets, &c., by not observing this rule ; for if the cuttings are gathered up carelessly in the hand, and made into a ball, and then rolled out, all the work of the cook is spoiled ; for paste treated so will be very little better than ordinary short-paste.

This recipe has been used in the writer's family for over a hundred years, and if it is carefully followed the result is excellent. It may seem very troublesome to the novice, but after a very little practice it will be found that the paste is quickly and easily made, considering the result. The only change the writer has made in the old recipe is to use a little baking-powder. The preceding recipe is founded upon the old one, in the method of working the paste, but it is less rich ; it is, however, an excellent paste, and if instructions are carefully followed it will be found to be far above the average met with in middle-class households.

398. Paste for Boiled Puddings.

Ingredients.

One pound of Flour
Six ounces of Butter.

|
Water.

A heaped teaspoonful of
Baking-powder.

Take out two large tablespoonfuls of the flour to work up the paste, and mix the rest with the baking-powder. When these have been well mixed, rub in the butter and stir in as much water as will make a rather stiff paste. It is best to mix in the water with the hand, as you can then feel immediately when sufficient has been added. Flour a pastry-board and roll out the paste to half an inch in thickness. Fold the pastry in three, and roll out again, when it will be ready for use. Keep the board and rolling-pin well floured with the flour that was taken from the pound at first. This pastry can be used equally well for either fruit or vegetable puddings.

399. Roux (Brown and White for Thickening).

Ingredients.

One pound two ounces of Flour. |

One pound of Butter.

See that the flour is thoroughly dry and then sift it. Squeeze the butter in a cloth to remove all the moisture. Now put the butter in an enamelled stewpan and let it stand on the stove until it runs to oil. It is necessary to heat the oiled butter so that the scum will rise, but care must be taken that it does not get too hot. When all the scum has been removed, the stewpan should be put in a cooler part of the stove so

that the sediment may settle to the bottom. Skim off the froth very carefully and pour the oil in a basin, leaving the sediment at the bottom of the stewpan. Remove the sediment from the stewpan and pour back the oil—now clarified butter—and sprinkle in the flour gradually; stirring all the time. Put the stewpan on a slow fire, or on a gas-ring, turned low, and stir continually with a wooden spoon. Keep scraping the bottom of the pan to prevent the mixture burning; be very careful about the scraping and stirring or the roux will be spoiled. As soon as the mixture begins to colour, a very little, put half of it into a jar for *white* roux. It must not turn more than a cream colour, as it is intended to thicken white soups and white sauces. Now return the saucepan to the fire and continue the stirring and scraping until the remaining roux has become a bright brown. Be careful that it does not get too dark; a light chocolate colour is the correct shade. Immediately the roux is dark enough, remove it from the stove at once, but continue stirring for some minutes, as enamelled stewpans retain the heat after they have been removed from the fire, and the mixture would burn if the stirring was discontinued at once. Have ready a large slice of onion and throw it into the roux, if there is any fear that it is getting too dark; this checks the heat at once. This is brown roux for thickening brown soups and gravies. It will keep for weeks, and although the process seems rather troublesome, it really in the end saves time.

In using the roux it is best to scrape off the quantity you require with a spoon, and not add it to the soups and sauces in a lump.

400. Rusk-Crumbs or -Raspings.

All the small pieces of rusks, crumbs and broken pieces, can be utilised for rusk-crumbs, and should be kept in a tin.

The best and quickest way is to put them through a nut mill, then through a fine sieve; keep all the coarse ones for decorating and the fine ones for puddings, raspings, &c., and whatever mentioned in the recipes. They are much nicer in many puddings than ordinary bread-crumbs.

401. Scones for Breakfast (No. 1).

Ingredients.

Eight ounces of Flour.		Half a teaspoonful of Baking-
Two ounces of Butter.		powder.
		Quarter pint of Milk.

Rub the butter and flour together, well mix in the baking-powder, then add the milk. Make into a smooth dough and roll out about three-quarters of an inch thick—make any shape or size required—put them immediately into a moderate oven, and bake for twenty minutes.

402. Scones for Breakfast (No. 2).

Ingredients.

White of one Egg.		One teaspoonful of Baking-
Two ounces of Butter.		powder.
Two breakfast-cupfuls of Flour.		A pinch of Salt.
		Quarter of a pint of Milk.

Whip the egg and mix with the milk. Rub the butter and flour together and add the baking-powder

and salt. Well mix all together and make into cakes about half an inch thick, any shape desired, and bake for about twenty minutes.

403. Scotch Scones.

Ingredients.

One pound of Flour.	One teaspoonful of carbonate
Half pint of sweet Milk.	of Soda.
One teaspoonful of Cream of Tartar.	One ounce of Butter.

Mix the cream of tartar and soda with the flour, rub in the butter, and add the milk last thing. Roll out lightly, shape into rounds, and bake in a quick oven for fifteen or twenty minutes. Cut open and butter. To be eaten hot or toasted.

404. Scones (Soda).

Ingredients.

One pound of Flour.	Half a teaspoonful of Soda.
Half a pint of Milk.	Half a teaspoonful of Tartaric
Two ounces of Butter.	Acid.

Rub the tartaric acid and soda in the flour and put them through a sieve; work in the butter; make a hole in the middle of the flour and pour in the milk, and mix as quickly as possible. Roll out, about an inch thick, and cut into rounds the size of a pudding plate, and then into eight wedge-shaped divisions.

405. Short-Paste.

Ingredients.

One pound of Flour.
Six ounces of Butter.

A heaped teaspoonful of Baking powder.	
Water.	

Take from the flour three large spoonfuls to work up the paste. Now mix the baking-powder with the remaining flour and rub in the butter. Mix in as much water with the hand as will make the paste workable ; it must not on any account be wet, but it must not be too stiff. Flour the pastry-board, and roll out the paste until it is half an inch thick. Be careful that the rolling-pin is well floured. Fold the paste in three and roll out again, and it will be ready for use. This paste may be used for either fruit or vegetable pies. It is best made the day before it is wanted and kept in a cool place.

406. Vanilla Biscuits.

Ingredients.

Four ounces of Flour.
Four ounces of Pine kernels.
One ounce of Sugar (castor).

Two ounces of Butter.	
A pinch of Baking-powder.	
White of one Egg.	

Two drops of Essence of Vanilla.

Put the pine kernels twice through a nut mill. Rub the butter into the flour free from lumps, add the sugar and ground pine kernels, and then the baking-powder. Well whip the egg and add the vanilla, and mix all together thoroughly. Roll out a moderately thin paste, cut into rounds, and bake in a quick oven ten to fifteen minutes.

407. Yorkshire Cake.

Ingredients.

Whites of two Eggs.	Two ounces of Sugar.
Two ounces of Flour.	One teaspoonful of Baking-
Two ounces of Butter.	powder.
Two ounces of ground Rice.	Very little Milk.

Mix the butter and flour well together with the rice and sugar, add the baking-powder, and just sufficient milk to moisten; mix well together. Spread on two buttered plates and bake for ten minutes. When done, spread jam over one, place the other on the top, and sprinkle with sugar. A layer cake is made in this way, with about six layers of cake, and jam or jelly in between, and icing sprinkled with walnuts (halves) on the top.

SALADS.

408. Banana and Orange Salad.

Ingredients.

Four Bananas.		Juice of half a Lemon.
Two Oranges.		Sugar (if liked).

Peel and cut the bananas and oranges into thin slices and mix lightly ; pour the lemon-juice over, and serve very cold.

409. Beetroot and Spanish Onion Salad (No. 1).

Ingredients.

A small Beetroot.		A teaspoonful of French Vinegar.
The same weight of Spanish Onion.		One and a half tablespoonfuls of Salad Oil.
		Pepper.

Boil and slice the beetroot.

Slice the onion and put it into cold water, bring it to boiling-point quickly, and drain it. Now put it into fresh hot water and boil until tender, then drain it carefully. Place the sliced beetroot in a salad bowl, and when the onion is cold mix it with the beetroot and the oil and vinegar. Add pepper to taste.

410. Beetroot and Spanish Onion Salad (No. 2).

Ingredients.

One Spanish Onion.	Four drops of Tarragon Vinegar
One small Beetroot.	or the juice of a quarter of a
Six slices of Cucumber.	Lemon.
Two tablespoonfuls of Salad Oil.	

Scald the onion and allow it to get cold. Boil and peel the beetroot and lay it in alternate slices in a glass dish or salad bowl. The cucumber is an improvement, if liked. Mix the salad oil and vinegar or lemon-juice together, and pour over.

411. Brussels Sprouts Salad.

Ingredients.

Half a pound of cold Sprouts.	A tablespoonful of Salad Oil.
A small teaspoonful of French Vinegar.	Pepper.

This is a nice way to use cold boiled Brussels sprouts. Put the sprouts in a salad bowl, and just before they are required dust a little pepper over them. Now add the oil and vinegar and mix all very well together, and serve at once.

412. Cauliflower Salad.

Ingredients.

One Cauliflower.	Sauce made according to recipe
A little Parsley or Capers.	No. 421.
Grated Onion (if liked).	

Boil the cauliflower until tender, but not broken, drain well, and let it get cold. Break into small pieces.

and sprinkle well with the chopped parsley or capers (and onion if liked). Serve with the sauce, separately or poured over.

413. Celery and Macaroni Salad.

Ingredients.

Two ounces of Macaroni.		Salad Dressing, made as No. 421.
One ounce of white Celery.		Two large Tomatoes.

Boil the macaroni until tender, and drain it well. Cut into short lengths and add the finely-shredded celery. Put the salad dressing into a salad bowl and add the celery and macaroni. Just before serving cover with a thin layer of mayonnaise sauce, and garnish with the tomatoes cut into thin slices (first peeling them).

414. Celery and Watercress Salad.

Ingredients.

Three nice hearts of Celery.		One bunch of Watercress.
------------------------------	--	--------------------------

Take the branches of the celery off one by one, and throw them into cold water; well clean them, and then cut into four-inch lengths. Then cut each branch into four pieces, lengthways, and put into water to curl up. Add the watercress, well washed, and let them stand together for an hour. Take out and drain well, or put in a clean cloth and dry. Then put into a salad bowl and serve with "salad dressing." (A little cooked beet-root may be added if liked.)

415. Cucumber Salad.

In dressing a cucumber with oil and vinegar care should be taken not to use too much vinegar. The proportion of one part vinegar and three parts oil is best for digestion, and for people on this diet. French vinegar should always be used with oil, as malt vinegar in conjunction with oil produces a disagreeable bitter taste, for which the oil is often blamed. (See "Hints on Cooking.")

416. Endive Salad.

Ingredients.

One head of Endive.
Half of a small Beetroot.
A small slice of Onion.

A dessertspoonful of Salad Oil.	
Three dessertspoonfuls of French	
Vinegar.	
Pepper.	

Wash the endive and tear it into convenient pieces for eating ; it must not be cut. Slice the beetroot very thin. Put a very thin slice of onion, about the size of a shilling, in the salad bowl, and mince it as fine as possible. Now add the endive, which should be well dried by tossing it in a clean cloth. Dust in the pepper, mixing the salad at the same time, then add the oil and vinegar, and mix very thoroughly. Serve immediately.

417. Fruit Salad.

Ingredients.

Eight ounces of Sugar.	Half an ounce of Pistachio
Half an ounce of chopped	Nuts.
Almonds.	One pint of cold Water.
A few Cherries, Bananas, Apricots, Strawberries, &c.	

Boil the water and sugar together to a syrup. Cut up what fruit is required and put into a dish, and pour the boiling syrup over and let stand until cold. Then sprinkle in the nuts; mix very lightly. Stir in two wineglassfuls of Maraschino, or any liqueur liked, the last thing, and put into a salad bowl. Serve whipped cream separately.

418. Lettuce Salad.

Ingredients.

A large Cos Lettuce.	Oil and French Vinegar.
A slice of Onion.	Pepper.

Wash the lettuce very carefully and put it in a sieve to drain. Have ready a clean cloth, and tear up the lettuce in convenient pieces for eating (never cut lettuce for salad), toss them lightly in the cloth until they are dry. Put a thin slice of onion, about the size of a shilling, at the bottom of the salad bowl and mince it as finely as possible, and add the lettuce to the onion. Dust in some pepper, and add two tablespoonfuls of oil and a dessertspoonful of vinegar; mix very thoroughly, and serve at once. French vinegar must always be used with oil. Malt vinegar imparts a very disagreeable taste to the salad, for which the oil is often blamed.

419. Orange Salad.

Ingredients.

Four Apples.

|

Four Oranges.

Cut some oranges and apples into slices, arrange alternately in a dish, and cover with whipped cream.

420. Potato Salad.

Ingredients.

Half a pound of cold boiled new Potatoes.

A teaspoonful of chopped Parsley.

Pepper.

Half of a small Shallot, or a bit of Onion.

Two tablespoonfuls of Salad Oil.

One tablespoonful of Vinegar.

Old or new potatoes can be used, but new ones are best for this salad. Slice them carefully so as not to break them. Put a layer at the bottom of a salad bowl and sprinkle them with a little of the shallot and parsley, which must be mixed together and finely minced. Dust a little pepper over them. Repeat this until all the potatoes and parsley and shallot are used. Now add the oil and vinegar, and mix very thoroughly.

421. Salad Dressing.

Ingredients.

One teaspoonful of dry Mustard.

Two tablespoonfuls of Cream.

Juice of quarter of a Lemon.

Three tablespoonfuls of Salad Oil.

A little Pepper.

Put the mustard into a basin, add the cream and salad oil, a little at a time, until it is used up. Then

add the lemon-juice and beat well. It should be like a thin batter. (If well corked will keep for five days.)

422. Salad (Mixed).

Ingredients.

A small Cos Lettuce.

The third part of a small

Cucumber.

A slice of Onion.

A few slices of Beetroot.

Oil and French Vinegar.

Pepper.

Wash the lettuce very carefully and drain it. Have a clean cloth ready. Tear the lettuce in convenient pieces for eating, and toss it in the cloth to dry. Peel and slice the cucumber. Take the slice of onion—which must not be larger than a shilling, and very thin—put it at the bottom of the salad bowl, and mince it very fine. Now arrange the lettuce, cucumber, and beetroot in layers. Mix well whilst adding the oil and vinegar, dusting in a little pepper from time to time as it is being mixed. The proportion of oil to vinegar should be one part vinegar and three of oil. Salad should not be too wet; and when mixed all the oil and vinegar used should adhere to the lettuce, &c., and not be in the bowl. Nothing but practice will teach the exact quantity of oil and vinegar to use. It is impossible to give the exact quantities, as the lettuce may vary in size. A salad in which cucumber is used will always be more moist than one made of lettuce alone.

423. Salad with White of Egg.

Poach the whites of two eggs in little moulds of tin or china. Be careful to butter the moulds first. Then cut them in rounds a quarter of an inch thick, and garnish any of the green salads for which recipes are given.

424. Sweet Salad (a Summer Dish).

Ingredients.

Four Bananas.		Two Oranges.
Two tablespoonfuls of castor Sugar.		

Peel and slice the bananas and put the sugar over them. Squeeze the juice from the oranges, strain out the pips, and pour it over the sugar and bananas. Cover closely, and let the salad stand overnight. Mix it carefully, and serve it in a glass bowl. This salad should only be taken in warm weather, or the orange might cause it to disagree with many people.

425. Tomato Salad.

Ingredients.

One pound of Tomatoes.		A dessertspoonful of French
A slice of Onion.		Vinegar.
A teaspoonful of made Mustard.		Three tablespoonfuls of Salad
Pepper.		Oil.

Choose ripe tomatoes and put them in boiling water for a few seconds, when the skin can be removed easily. Let them cool and then slice them. Take a slice of onion, as large as a shilling, put it in the salad bowl, and

mince it as finely as possible. Place the sliced tomatoes over it. Put the mustard in the salad spoon, put in the vinegar, and stir all together, and pour over the tomatoes. Now pour in the oil, and mix very well. This is an excellent dish for hot weather. Potatoes in some form should always accompany it to table.

SAUCES, &c.

426. Apple Sauce (No. 1).

Ingredients.

Six large Apples.		Half an ounce of Sugar.
One ounce of Butter.		Quarter of a pint of Water.

Peel and cut the apples into thin slices. Put into a clean saucepan with the water and sugar, let it cook slowly, taking care that it does not burn. When cooked to a pulp beat well with a wooden spoon, add the butter, and serve hot.

427. Apple Sauce (No. 2).

Ingredients.

Three medium-sized Apples.		A bit of Butter the size of a
Two tablespoonfuls of Water.		hazel nut.
One teaspoonful of Sugar.		

Peel, core, and slice the apples; place them in a saucepan with the water. Let them stew gently until reduced to a pulp, which should be in half an hour. Now add the sugar and butter, and beat all well with a fork.

428. Bread Sauce.

Ingredients.

Three tablespoonfuls of fine		An Onion weighing one ounce.
Bread-crumbs.		Three Cloves.
Half a pint of Milk.		Half an ounce of Butter.
		Pepper.

Put the milk with the onion, cut in halves, and the cloves in a saucepan. Boil up quickly, and let it simmer for half an hour, then strain. Put the bread-crumbs in a basin and pour the strained milk over them. Add pepper to taste, and beat up. Return to the saucepan, and stir continually until it boils.

429. Brown Gravy (No. 1).

Ingredients.

One tablespoonful of Flour.		Half a pint of Milk and Water
Two ounces of Butter.		mixed.
		Pepper to taste.

Melt the butter in a saucepan, slowly add the flour, stirring well, then add the boiling milk and water. Let it boil for five minutes, then add four drops of brown-ing and pepper, mix well, and serve very hot.

430. Brown Gravy (No. 2).

Ingredients.

Three ounces of Onion.		Six black Peppercorns.
Half of a small Tomato.		Half an ounce of Butter
Three Cloves.		Half a pint of Water.
A teaspoonful of brown Roux.		

Slice the onions and the tomato, and fry them in the butter until they are a rich brown—be careful that they

do not burn—add the water, which must be boiling, and put in the cloves and peppercorns. Stew for an hour, keeping the saucepan covered. Strain, and thicken with the brown roux. If not sufficiently brown add a spot of Parisian essence. (See “Hints on Cooking.”)

431. Celery Sauce.

Ingredients.

Two heads of Celery.		One and a half ounces of Flour.
Two ounces of Butter.		Half a pint of Milk.
Pepper, Nutmeg, and Mace.		

Well wash the celery and scald it for twenty minutes ; drain it well and cut it up into one-inch lengths. Melt the butter, sprinkle in the flour very slowly, stirring it well, then add the milk, and let it boil and thicken. Season with the pepper, mace, and nutmeg to taste, then add the celery, and let simmer for ten minutes. If liked quite smooth it can be passed through a sieve and made hot again.

432. Cheese Sauce.

Ingredients.

Two and a half ounces of Cheese		One and a half ounces of Flour.
(Cheddar).		Mustard and Pepper to taste.
One and a half ounces of Butter.		Herbs if desired.
Half a pint of Milk.		

Grate the cheese, mix with the butter, flour, and seasoning. Place in a saucepan and pour over it the milk. Boil until the cheese is dissolved. Serve very hot, with plain vegetables or plain boiled rice.

433. Horse-radish Sauce.

Ingredients.

Two tablespoonfuls of Cream.	Four ounces of grated Horse-
One tablespoonful of made Mustard.	radish.
	Juice of half a Lemon.
A little Milk if needed.	

Peel and grate the horse-radish, mix it with the cream and made mustard, add pepper to taste, also the lemon-juice. If too stiff add a little milk; it should be rather thicker than double cream.

434. Jam Sauce (for Sweet Puddings).

Ingredients.

Two tablespoonfuls of Jam.	Half a pint of Water.
----------------------------	-----------------------

Pour the water, which must be boiling, on any kind of jam, and let it simmer for half an hour, then strain, and serve.

Such jams as damson, black or red currant, raspberry, and red plum are the most suitable. This sauce should be served with bread, batter, rice, and sago puddings.

435. Mint Sauce.

Ingredients.

Three tablespoonfuls of Chopped Mint.	One gill of Water.
One gill of Malt Vinegar.	Two heaped tablespoonfuls of castor Sugar.

Boil the water and stir in the sugar, then add the vinegar. Let it cool, then pour it over the mint, which must be chopped very finely. It should stand for half an hour before serving.

436. Onion Sauce.

Ingredients.

Half a pound of Onions.		One dessertspoonful of Flour.
Half a pint of Milk.		One ounce of Butter.
		Pepper.

Slice the onions and put them in cold water. Let them boil up quickly and skim them. They must boil until tender, which will be in fifteen or twenty minutes, according to age. Drain and chop them, but not too finely. Take from the milk enough to mix the flour very smoothly, and boil the rest. As soon as it boils pour it slowly into the mixed flour and milk, stirring all the time. Return it to the saucepan, add the chopped onions and the butter, and season nicely with pepper. Boil it up again, stirring all the time.

437. Parsley Sauce.

Ingredients.

Two tablespoonfuls of chopped Parsley.		One dessertspoonful of Flour.
Half a pint of Milk.		One ounce of Butter.
		Pepper.

Pick and wash the parsley very carefully, throw it into fast-boiling water for one minute, drain it, and chop finely.

Take from the milk enough to mix the flour very smoothly and boil the rest. As soon as it boils pour it very slowly into the mixed flour and milk, stirring all the time. Return it to the saucepan, add two tablespoonfuls of the chopped parsley, also the butter, and season nicely with pepper. Boil it up quickly, stirring all the time.

438. Plain White Sauce.

Ingredients.

Half a pint of Milk.
One ounce of Butter.

One dessertspoonful of Flour.
Pepper.

Take from the milk as much as will mix the flour very smoothly; boil the rest, and when it has boiled stir it slowly into the mixed flour and milk. Return it to the saucepan, stir in the batter, and season with pepper. Boil up again, stirring all the time.

439. Savoury White Sauce.

Ingredients.

Half a pint of Milk.
Half an ounce of Butter.
One heaped dessertspoonful
of white Roux.

Two ounces of Onion,
Two ounces of Carrot.
A small stick of Celery.
Six white Peppercorns.

Put the milk with the cloves and peppercorns to boil, and when it has boiled set it aside. Cut up the onions, carrot, and celery in small pieces, and add them to the milk; boil up again, then stew gently for half an hour. Strain out the vegetables and return the milk to the saucepan; stir in the butter, and thicken with white roux. Boil up and stir all the time.

440. Tomato Sauce.

Ingredients.

Half a pound of Tomatoes.
Four ounces of Onions.
A gill of Water.

One ounce of Butter.
One teaspoonful of white Roux.
Pepper.

Slice the onions and throw them into cold water, bring them quickly to boiling-point, and then drain

them ; now fry them a very pale yellow in the butter. Add the water, which must be boiling, and let them simmer very slowly for ten minutes. Slice the tomatoes and put them with the onion and water, let them boil up, and then simmer again for another ten minutes. Now pour into a sieve and rub the tomato and onion through. Return to the saucepan ; season nicely with pepper, thicken with white roux, and boil up, stirring all the time.

441. White Sweet Sauce.

Ingredients.

Half a pint of Milk.	A dessertspoonful of castor
A teaspoonful of Corn Flour.	Sugar.
Half an ounce of Butter.	A strip of Lemon-peel.

Mix the corn flour smoothly with a little milk ; boil the rest with the sugar and lemon-peel. When boiled mix slowly with the corn flour, stirring all the time. Add the butter and boil up, still stirring. Remove the lemon-peel before serving.

442. Wine Sauce (for Sweet Pudding).

Ingredients.

Half a gill of Sherry.	A dessertspoonful of castor
A gill and a half of Water.	Sugar.
A small teaspoonful of Corn Flour.	

Boil the water, then add the sherry. Mix the corn flour very smoothly with a very little water, and add the wine and water with the sugar, stirring carefully all the time. Return to the saucepan and boil up, still stirring. Any light wine will do as well as sherry.

443. Wine Sauce (German).

Ingredients.

One gill of Wine. | The whites of two Eggs.
A dessertspoonful of castor Sugar.

Beat up the whites of eggs to a froth—not too stiff. Put the sugar in the wine and make it hot, then beat it quickly to the whites of eggs.

444. Clarified Butter.

Melt the butter, and let it get quite hot, but it must not boil. Skim it carefully, and pour it off the sediment which will have settled at the bottom of the saucepan. Serve in a hot tureen.

445. Curd Cheese.

Ingredients.

One quart of Milk. | Juice of three Lemons

Put the milk into a basin, add the strained juice of the lemons to it, and let it stand in a temperature of about 54°, for twelve hours. Have ready a butter muslin about eighteen inches square, put it over a basin, and pour the curd into this, tie it round with string, and hang on a nail over a sink to drain for a few hours; then put between two plates, with a weight on top, and press until all the moisture is pressed out. Turn out, and eat like ordinary cheese, or with sugar or fresh fruit.

446. Porridge.

Ingredients.

Four ounces of medium Oatmeal.		Half a pint of Water. Half a pint of Milk.
-----------------------------------	--	---

Soak the oatmeal overnight in the water, then cook in a double saucepan for about one hour and a half in the morning with the milk. A small piece of butter mixed in before serving is an improvement.

447. Hominy Porridge.

Ingredients.

Half a pound of Hominy.		One pint of Milk.
One ounce of Butter.		

Soak the hominy all night in one pint of cold water, then put on in a double saucepan, and cook for one and a half hours with the water it was soaked in, also the milk; just before serving stir in the butter. (Golden syrup may be served with this dish.)

448. Custard (Boiled).

Ingredients.

One pint of Milk.		Two Laurel leaves.
The peel of half a Lemon.		Two ounces of Sugar.
Five Eggs (not more than six hours old).		

Pour the milk into a clean saucepan with the laurel leaves and lemon-peel, and set it on a moderately hot stove for about twenty minutes, and when on the point

of boiling strain it into a basin to cool. Then stir in the sugar and the well-beaten eggs, again strain it into a jug, which place in a deep saucepan of boiling water, and stir it one way until it thickens ; then pour it into a glass dish or into custard cups.

MENUS.

Breakfasts.

No. 1.

Milk.
Toast and Apsley Rusks.
Porridge.
Nuts.

No. 2.

Milk.
Toast and Scones.
Fried Potatoes.
Nuts.

No. 3.

Milk.
Toast and Apsley Rusks.
Lancashire Potato Cakes.

No. 4.

Porridge.
Fried Potatoes.
Buckwheat Pancakes.
Apsley Rusks.
Milk.

No. 5.

Hominy Porridge.
Chip Potatoes.
Johnny Cake.
Apsley Rusks, Bread.
Milk.

No. 6.

Barley Porridge.
Sauté Potatoes.
Soda Scones.
Rusks, Bread.
Milk.

Luncheons.

No. 1.

Bread and Apsley Rusks.
 Cheese.
 Salad.
 Potatoes in their Jackets.
 Milk.
 Butter or Oil.

No. 2.

Bread and Scones.
 Macaroni and Cheese.
 Lettuce (dressed).
 Boiled Potatoes.

No. 3.

Milk.
 Cauliflower, with Parmesan Cheese.
 Apsley Rusks. Bread.
 Potato Balls.

No. 4.

Scalloped Macaroni.
 Potatoes (baked).
 Rice Pudding.
 Baked Apples.

No. 5.

Rice (savoury).
 Mashed Potatoes.
 Bread-and-Butter
 Pudding
 Ground Rice Mould.

No. 6.

Irish Stew.
 Potatoes.
 Batter Pudding
 (baked).
 Sago Pudding.

Dinners for Hot Weather.

No. 1.

Tomato Soup.
Vegetable Marrow(stuffed).
New Potatoes.
Rice and Almond Moulds.
Stewed Greengages.
Cheese Straws.

No. 2.

Spinach Soup.
Tomatoes (stuffed).
Potatoes (fried whole).
Ginger and Cream.
Cheese Fritters.

No. 3.

Vegetable Marrow Soup.
Cucumber stewed with
Onions.
New Potatoes.
Sweet Salad.
Canadian Cheese Pudding.

No. 4.

Brown Potato Soup.
Savoury Rice Rissoles.
Baked Potatoes.
Spinach.
Queen Pudding.
Clear Apples.
Castle Baskets.
Orange Salad.

No. 5.

Tomato Soup.
Irish Stew.
Cheese Balls.
Parsnips.
Spotted Dick.
Ground Rice Mould.
Casserole of Apples.

No. 6.

Purée Blanc.
Curried Vegetables and
Rice.
Cauliflower Fritters.
Potatoes.

Celeriac.
Hydropathic Pudding.
Banana Custard.
Salad.

Dinners for Cold Weather.

No. 1.

Artichoke Soup.
Tomato and Potato Pie.
Almond and Raisin
Pudding.
Cheese on Toast.

No. 2.

Almond Soup.
Curried Cauliflower and
Rice.
Potato Snow.
Apple Tart.
Cheese Ramequins.

No. 3.

Macaroni Soup.
Onions stewed (Brown).
Boiled Potatoes.
Ginger Pudding (Green).

No. 4.

Artichoke Soup.

Macaroni (Italian).
Potato and Onion Pie.
Turnip Tops.

Lemon Pudding.

Rice Froth.
Baked Apples.

No. 5.

Cauliflower Soup.

Mock Beef Rissoles.
Brown Gravy.
Sauté Potatoes.
Mashed Turnips.

Normandy Pudding.
Snow Pudding.

No. 6.

Swiss Soup.

Walnut Cutlets.
Bread Sauce and Brown
Gravy.
Potatoes.
Sea-kale.

Charlotte Russe.
Peach Trifle.

Salad and Cheese.
Biscuits.

No. 7.

Chestnut Soup.

Apsley Duck.

Apple Sauce and Brown
Gravy.

Mashed Potatoes.

Brussels Sprouts.

Ginger Pudding.

Fun Pudding.

Celery Sticks.

No. 8.

Celery Soup.

Macaroni Cheese.

Stuffed Tomatoes.

Mashed Potatoes.

Carrot Pudding.

(Sauce).

Mixed Nut Purée.

APPENDIX

Fried Almonds.

Ingredients.

Almonds.

|

Salad Oil.

Blanch the almonds by soaking them overnight in cold water, when the skins will come off very easily. Dry them well in a cloth, and fry in boiling salad oil for four minutes. Let them drain well on an inverted sieve, and when quite cold, put them in a tin box for use.

Almonds can often be digested in this form when they cannot be taken in any other.

Pine Kernel and Ginger Cake.

Ingredients.

Half a pound of Flour.

Four ounces of Butter.

Six ounces of Pine Kernels.

Six ounces of Golden Syrup.

Two teaspoonfuls of ground Ginger.

The whites of two Eggs.

The grated rind of a Lemon.

One teaspoonful of Bicarbonate of Soda.

Sift the flour. Well wash and dry the pine kernels and chop them very finely; then mix them well with the flour, grated lemon rind, and the soda. Beat up the butter to a cream—slightly warming it before beating if it is hard—and add it also to the flour, &c. Now warm the syrup sufficiently to make it run easily

and pour it over the flour, mixing it very carefully ; and when the mixture is quite smooth, beat up the whites of egg to a firm froth and add them to the rest of the ingredients, beating all well together.

Turn the mixture into a well-buttered tin about two inches deep and bake for an hour in a very moderate oven. When the cake has been in the oven ten minutes, place a buttered paper over the top to prevent it burning. If the cake is intended for people who are afraid of becoming too stout, it should be made without butter, but it is then, of course, rather dry.

The albumen value is 62 grains to the ounce.

Nut and Cheese Paste.

Ingredients.

Four ounces of Cheddar Cheese.	Two ounces of Butter.
Two ounces of Pine Kernels.	One dessertspoonful of dry
Two ounces of Almonds.	Mustard.
The beaten white of an Egg.	

Grate the cheese. Blanch the almonds and put them through a nut mill, then pound them well in a mortar, adding a drop of white of egg occasionally to prevent them oiling—water would serve this purpose, but the egg, of course, increases the nourishing value of the paste. Well wash and pick over the pine kernels and chop them finely. Add the nuts to the cheese and also the mustard. Now beat the butter with a knife until quite soft—if it is very hard, slightly warm it before beating it up. Add it to the other ingredients and mix all together very thoroughly. Put the paste in a pot and keep it well covered, when it will keep good for a fortnight.

The albumen value is 127 grains to the ounce.

17th Gold, Silver, and other Prize Medals awarded.

ALBENE

PURE, COLORLESS, ODORLESS, and TASTELESS
VEGETABLE FAT.

Guaranteed by Dr. GRANVILLE SHARPE and Dr. BERNARD DYER to be absolutely and Entirely Vegetable, and free from any admixture whatever.

It is by Analysis 99.97 of pure Vegetable Fat.

Far better for all Cooking purposes than butter, lard, or any animal fat.

ALBENE is the original article, is now
and always has been infinitely
SUPERIOR TO ANY IMITATION.

MAKES SPLENDID BISCUITS, CAKES, PIES, &c.

Will keep fresh and sweet for years in any climate.

HUNDREDS OF TESTIMONIALS.

Sample Tin Free for Three Penny Stamps.

BROOMFIELD AND CO.,

Proprietors and Sole Manufacturers,

83 Upper Thames Street, LONDON.

Works: SNODLAND, KENT.

Of all Vegetarian Stores and Restaurants, and Grocers everywhere.

A 3lb. tin sent carriage paid

on receipt of a P.O. for 2/6.

ALBENE

INDEX.

SOUPS AND PUREES

*No. of
Recipe.*

1. Artichoke (No. 1), 1
2. " (No. 2), 1
3. Barley Cream, 2
4. Carrot (No. 1), 3
5. " (No. 2), 3
6. Cauliflower, 4
7. Celery (No. 1), 4
8. " (No. 2), 5
9. Celery, Brown, 5
10. Cheese, 6
11. Cucumber Purée, 7
12. Leek, White, 7
13. " Brown, 8
14. Macaroni (No. 1), 9
15. " (No. 2), 9
16. Mulligatawny, 10
17. Onion (No. 1), 10
18. " (No. 2), 11
19. " (No. 3), 11
20. Parsnip, 12
21. Potato (No. 1), 12
22. " (No. 2), 13
23. " (No. 3), 13
24. " Brown, 14
25. Purée Blanc, 14
26. Rice and Tomato, 15
27. Salsify, 16
28. Spinach, 16
29. " Purée of, 17
30. Stock for White Soup, 17
31. Swiss, 18
32. Tomato (No. 1), 18
33. " (No. 2), 19
34. " (No. 3), 19
35. " Brown, 20
36. " Green, 21

*No. of
Recipe.*

37. Tomato Purée, 21
38. Turnip, 22
39. " Purée of, 23
40. Vegetable (No. 1), 23
41. " (No. 2), 24
42. " Marrow, 24
43. Vermicelli (No. 1), 25
44. " (No. 2), 26

SAVOURIES

45. American Corn Rissoles, 27
46. Apsley Duck, 27
47. Artichokes (Jerusalem),
Scalloped, 28
48. Bread and Onion Pudding,
28
49. Cauliflower, Curried, 29
50. Cauliflower, with Parmesan
Cheese, 30
51. " à la Maître
d'Hôtel, 30
52. " and Tomato
Soufflé, 31
53. " au Gratin, 31
54. Celery Cheese, 32
55. " Croquettes, 32
56. " au Gratin, 33
57. " and Macaroni Stew
33
58. " Sticks, 34
59. Cheese, Baked (German
Dish), 34
60. " Balls, 35
61. " Devilled, 35
62. " Dumpling 35
63. Cheese Fingers, 36

*No. of
Recipe.*

64. Cheese Fritters, 36
65. " Omelet, 37
66. " On Toast, 37
67. " and Onion on
 Toast, 38
68. " Paste for Sand-
 wiches, 38
69. " and Potato Pudding
 (German Dish), 39
70. " Pudding (No. 1), 39
71. " " (No. 2), 40
72. " " (No. 3), 40
73. " " Canadian,
 40
74. " Ramequins (No. 1),
 41
75. " " (No. 2),
 42
76. " Sandwiches, 42
77. " Straws (No. 1), 43
78. " " (No. 2), 43
79. " and Tomato Toast,
 43
80. Cucumber Sandwiches, 44
81. " Stewed with
 Onions, 44
82. Force meat, 45
83. Gnochis, 45
84. Hot Pot, 46
85. Irish Stew (No. 1), 46
86. " " (No. 2), 47
87. " " (No. 3), 47
88. Macaroni Cakes, 48
89. " with Cheese, 48
90. " and Cheese Pud-
 ding, 49
91. " Cheese Straws, 50
92. " Creamed, 50
93. " Curried, 51
94. " Italian, 51
95. " Neapolitan, 52
96. " Savoury, 53
97. " Scalloped, 54
98. " Scallops (No. 1),
 54
99. " " (No. 2),
 55
100. " and Tomatoes, 55
101. " and Tomato Sauce
 (No. 1), 56

*No. of
Recipe.*

102. Macaroni and Tomato
 Sauce (No. 2), 56
103. Milk and White of Egg,
 57
104. Mock Beef Rissoles (No. 1),
 57
105. " " " (No. 2)
 57
106. Mustard and Cress Sand-
 wiches, 58
107. Nouilles and Cheese, 58
108. Onions au Gratin, 59
109. " Baked with Grated
 Cheese, 59
110. " and Tomatoes,
 Baked, 60
111. Parsnip Fritters, 60
112. Parsnips, Scalloped, 61
113. Potatoes and Cheese, 61
114. Potato and Onion Pie
 (No. 1), 62
115. " " " (No. 2), 62
116. Potatoes with Parmesan,
 63
117. Potato and Onion Pudding,
 63
118. Rice boiled for Curry, 64
119. " and Cheese (No. 1), 64
120. " " " (No. 2), 65
121. " " " (No. 3), 65
122. Rice Pudding, Savoury, 65
123. " Savoury, 66
124. " and Tomatoes, 66
125. Rissoles, Savoury, 67
126. Risotto, 68
127. Sage and Onions, Baked,
 68
128. Savoury Cauliflower, 68
129. " Cheese Cakes, 69
130. " Fillets, 69
131. " Pudding, 70
132. " Rice " Outlets," 70
133. " " Rissoles, 71
134. Semolina and Cheese
 Pudding, 72
135. " Rissoles, 72
136. Sea-kale, Scalloped, 72
137. Spinach with White of Egg,
 73
138. Tapioca and Tomatoes, 73

*No. of
Recipe.*

139. Tomato and Force meat
Pie, 73
140. " and Potato Pie, 74
141. " Stuffed, 74
142. Tomatoes on Toast, 75
143. Vegetables, Curried, 75
144. Vegetable Marrow, Stuffed,
76
145. Whites of Eggs in Moulds,
76
146. White of Egg on Toast, 77

VEGETABLES

147. Artichokes, 78
148. " Green, Boiled, 78
149. Beetroot Boiled, 79
150. " Stewed, 79
151. Brussels Sprouts, Boiled, 79
152. Brussel Sprouts, dressed
with Butter, 80
153. Cabbage in a Mould, 80
154. Carrots, Stewed, 81
155. Cauliflower Fritters, 81
156. " Stewed, 82
157. Celery, Boiled, 82
158. " Croûtons, 83
159. " Fritters, 83
160. " Stewed, 84
161. " Toast, 84
162. Cucumber, Stewed, 85
163. Endive, Dressed, 85
164. Leeks, Boiled, 86
165. Lettuce, Dressed, 86
166. " Stewed, 87
167. Onions, Baked, 87
168. " Boiled, 88
169. " Stewed (Brown), 88
170. " Stuffed, 89
171. Parsnips, Boiled, 90
172. Potatoes Baked in their
Jackets, 90
173. Potato Balls (No. 1), 90
174. " " (No. 2), 91
175. Potatoes, Boiled, 91
176. " and Onions,
Braised, 92
177. " Browned with
Butter, 92

*No. of
Recipe.*

178. Potato and Cabbage
Fritters, 93
179. Potatoes, Cold Fried, 93
180. " Fried, 93
181. " Whole, 94
182. Potatoes, Mashed, 94
183. " and Onions,
Mashed, 95
184. " New, Boiled, 95
185. " Sauté, 96
186. Potato Snow, 96
187. Savoy Cabbage, Stewed, 96
188. Sea-kale, Boiled, 97
189. Spinach (No. 1), 97
190. " (No. 2), 98
191. " (No. 3), 98
192. " with Cream, 99
193. Tomatoes, Baked, 99
194. " Stewed whole,
99
195. Turnips, 100
196. Turnip Tops, 100
197. Turnips, Stewed, 100
198. Vegetable Marrow, Boiled,
101
199. " " Fried,
101
200. " " Stewed
101
201. Vegetables, Stewed, 102

SWEETS

202. Admiral Pudding, 103
203. Apple Fritters, 103
204. " Gâteau, 104
205. " Jelly (No. 1), 104
206. " " (No. 2), 105
207. " Mould, 105
208. " Pudding, 106
209. " Tart, 106
210. Bananas, Baked (Austra-
lian), 106
211. " and Cream
(No. 1), 107
212. " (No. 2), 107
213. Banana Cream, 107
214. " Custard (Austra-
lian), 108

- | <i>No. of
Recipe.</i> | | <i>No. of
Recipe.</i> | |
|---------------------------|--|---------------------------|--------------------------------------|
| 215. | Banana Fritters, 108 | 256. | Ginger with Cream, 127 |
| 216. | " and Orange Cream,
109 | 257. | Gooseberry Tart, 128 |
| 217. | " Pudding Un-
cooked, 109 | 258. | Greengages, Stewed, 128 |
| 218. | " Stewed, 110 | 259. | Ground Rice Mould, 129 |
| 219. | Batter Pudding, Baked, 110 | 260. | Half-Pay Pudding, 129 |
| 220. | " " Boiled, 110 | 261. | Hydropathic Pudding, 130 |
| 221. | Blackberry Jelly, 111 | 262. | Jack Pudding, 130 |
| 222. | Blancmange, 111 | 263. | Jam Pudding, 131 |
| 223. | Bread and Butter Fritters,
112 | 264. | Lemon (or Orange) Jelly,
131 |
| 224. | " Pudding, Baked, 112 | 265. | " Pudding, 132 |
| 25. | " " à la Français,
Baked, 112 | 266. | " Sponge, 132 |
| 226. | Candied Fruit Pudding, 113 | 267. | Macaroni and Apple Pud-
ding, 133 |
| 227. | Carrot Pudding (No. 1), 113 | 268. | Macaroni Pudding, 133 |
| 228. | " " (No. 2), 114 | 269. | Marmalade, 134 |
| 229. | Casserole of Apples, 114 | 270. | Marmalade Pudding (No. 1),
134 |
| 230. | " of Oranges, 115 | 271. | Marmalade Pudding (No. 2),
135 |
| 231. | " of Prunes, 115 | 272. | Marmalade Pudding,
Steamed, 135 |
| 232. | Castle Baskets, 116 | 273. | Marmalade Tartlets, 135 |
| 233. | " Puddings, 116 | 274. | Melon Compote, 136 |
| 234. | Charlotte Russe, 117 | 275. | Military Pudding, 136 |
| 235. | Cherry Cakes, German, 117 | 276. | Milk Jelly, 136 |
| 236. | Cherries, Stewed, 118 | 277. | " Rice, 137 |
| 237. | Christmas Plum Pudding
(No. 1), 118 | 278. | " Sago, 137 |
| 238. | Christmas Plum Pudding
(No. 2), 119 | 279. | Mince-meat (No. 1), 138 |
| 239. | Christmas Plum Pudding
(No. 3), 120 | 280. | " " (No. 2), 138 |
| 240. | Clear Apples, 120 | 281. | Mince Pies, 139 |
| 241. | Compot of Mixed Fruits,
121 | 282. | Moonshine, 139 |
| 242. | Cooked Sultanas, 121 | 283. | Mulberry Jelly, 139 |
| 243. | Custard and Apple Pud-
ding, 121 | 284. | Normandy Pudding, 140 |
| 244. | Damson Cheese, 122 | 285. | " Pippins, Stewed,
141 |
| 245. | Date Pudding, Steamed, 122 | 286. | Omnibus Pudding, 141 |
| 246. | Fig and Apple Tart, 123 | 287. | Orange Compot, 142 |
| 247. | Fig Pudding (No. 1), 123 | 288. | " Fritters, 142 |
| 248. | " " (No. 2), 124 | 289. | " Jelly, 143 |
| 249. | Fruit Jelly, 124 | 290. | " Meringue, 143 |
| 250. | Fun Pudding, 125 | 291. | " Pudding, 144 |
| 251. | German Pudding, 125 | 292. | Peach Trifle, 144 |
| 252. | Ginger Pudding, 126 | 293. | Plums, Stewed, 145 |
| 253. | " " Steamed, 126 | 294. | Potato Cakes, 145 |
| 254. | " " Brown, 126 | 295. | Potato and Sultana
Pudding, 145 |
| 255. | " " Green, 127 | 296. | Prune Pudding, 146 |
| | | 297. | Prunes, Stewed, 146 |
| | | 298. | Queen's Pudding, 147 |

- No. of
cipe.*
99. Queen's Tartlets, 147
300. Raisin Pudding, Baked,
148
301. Raspberry Jam, 148
302. " Jelly, 149
303. Restorative Jelly, 149
304. Rice and Apple Pudding,
150
305. " and Apple, Baked,
150
306. " Balls, 150
307. " Blancmange, 151
308. " Cakes, Small, 151
309. " Froth, 152
310. " Pudding, Plain, 152
311. " " à la Français,
152
312. " " with Burnt
Sugar, 153
313. " whole in Moulds, 153
314. Roly-Poly Pudding, 154
315. Sago Pudding, 154
316. Satisfaction Pudding, 155
317. Semolina Mould, 155
318. Snow Balls, 156
319. " Pudding, 156
320. Snowdon Pudding, 157
321. Spotted Dick, 157
322. Stewed Apples and Peach
Jam, 157
323. Stewed Figs, 158
324. Strawberry or Gooseberry
Fool, 158
325. " Pudding, 158
326. Sultana Pudding, Steamed,
159
327. Sweet Potato Pudding, 159
328. Tapioca and Apple Pud-
ding, 160
329. Tapioca Pudding, 160
330. Treacle Pudding, 161
331. " Tart, 161
332. Valentia Pudding, 161
333. Vegetable Marrow Tartlets,
162
334. Vermicelli Pudding (No. 1),
162
335. " " (No. 2),
163
336. Wine Pudding, 163

- No. of
Recipe.*
- NUT DISHES
- Introduction, 165
337. Almond Biscuits, 166
338. " and Bread Pudding,
166
339. " Cake, 167
340. " " German, 167
341. " Cones, 168
342. Almond Cup Pudding, 168
343. " and Honey Cakes,
169
344. " Milk, 169
345. " Pastry, 170
346. " Pudding, 170
347. " and Raisin Pud-
ding, 171
348. " and Rice Cakes, 171
349. " Soup, 172
350. Brazil Nut Cutlets, 173
351. Chestnuts with Bread
Sauce, 173
352. Chestnut Cream, 174
353. " Flour Soup, 174
354. Chestnuts Fricassee, 175
355. Chestnut Patties, 175
356. " Pie, 176
357. " Purée, 176
358. Chestnuts, Scalloped, 177
359. Chestnut Soufflé, 177
360. " Soup (No. 1), 178
361. " " (No. 2), 178
362. Cocoa-nut Biscuits, 179
363. " Cakes, 180
364. Grated Cocoa-nut Pudding,
180
365. Mixed Nut Purée (No. 1),
180
366. " " (No. 2),
181
367. Nut Pudding (No. 1), 181
368. " " (No. 2), 182
369. " " for Diabetic
Patients, 182
370. Nut and Fruit Pudding, 183
371. " Jelly, 183
372. " Paste for Sandwiches,
184
373. " and Potato Patties,
184
374. Pistachio Creams, 185

*No. of
Recipe.*

375. Rice and Almond Moulds,
185
376. „ and Nuts, 186
377. „ and Nut Rissoles, 186
378. Walnut Balls or Rissoles,
186
379. „ Cutlets, 187

BREAD, PASTRY, CAKES, &c.

380. "Apsley" Rusks, 188
381. Bannocks, 188
382. Batter, 189
383. „ for Frying Savouries,
189
384. „ for Frying Sweets,
189
385. Bread, 190
386. „ Raspings, to Prepare,
191
387. „ Sultana, 191
388. Croûtons, 192
389. Devonshire Outround, 192
390. Fruit Loaf, 192
391. Johnny Cake, 193
392. Lancashire Potato Cake,
193
393. Pancakes, 194
394. Buckwheat Pancakes, 194
395. Paste, Fried, 195
396. Paste, Puff for Tarts and
Tartlets, 195
397. „ Puff, Old Recipe,
196
398. „ for Boiled Puddings,
198
399. Roux, Brown and White
for Thickening, 198
400. Rusk-crumbs or -raspings,
200
401. Scones for Breakfast (No. 1),
200
402. „ „ „ (No. 2),
200
403. Scotch Scones, 201
404. Scones, Soda, 201
405. Short Paste, 202
406. Vanilla Biscuits, 202
407. Yorkshire Cake, 203

SALADS

*No. of
Recipe.*

408. Banana and Orange Salad,
204
409. Beetroot and Spanish
Onion Salad (No. 1), 204
410. Beetroot and Spanish
Onion Salad (No. 2), 205
411. Brussels Sprouts Salad,
205
412. Cauliflower Salad, 205
413. Celery and Macaroni Salad,
206
414. „ and Watercress
Salad, 206
415. Cucumber Salad, 207
416. Endive Salad, 207
417. Fruit Salad, 208
418. Lettuce Salad, 208
419. Orange Salad, 209
420. Potato Salad, 209
421. Salad Dressing, 209
422. „ Mixed, 210
423. „ with White of Egg,
211
424. Sweet Salad, 211
425. Tomato Salad, 211

SAUCES, &c.

426. Apple Sauce (No. 1), 213
427. „ „ (No. 2), 213
428. Bread Sauce, 214
429. Brown Gravy (No. 1), 214
430. „ „ (No. 2), 214
431. Celery Sauce, 215
432. Cheese Sauce, 215
433. Horse-radish Sauce, 216
434. Jam Sauce, for Sweet Pud-
dings, 216
435. Mint Sauce, 216
436. Onion Sauce, 217
437. Parsley Sauce, 217
438. Plain White Sauce, 218
439. Savoury White Sauce,
218
440. Tomato Sauce, 218
441. White Sweet Sauce, 219
442. Wine Sauce, for Sweet
Puddings, 219

*No. of
Recipe.*

- 443. Wine Sauce (German), 220
- 444. Clarified Butter, 220
- 445. Curd Cheese, 220
- 446. Porridge, 221
- 447. Hominy Porridge, 221
- 448. Custard Boiled, 221

MENUS

- Breakfasts, 223
- Luncheons, 224

- Dinners for Hot Weather,
225
- Dinners for Cold Weather,
226

APPENDIX

- Fried Almonds, 228
- Pine Kernel and Ginger Cake,
228
- Nut and Cheese Paste, 229

T. J. BILSON AND CO.

88 GRAY'S INN ROAD,
LONDON, W.C.

Importers of and Dealers in
**DRIED FRUITS, NUTS AND
COLONIAL PRODUCE.**

Californian Dried Apricots, Nectarines and Peaches. All kinds of Dates, Figs, &c. Nuts of every Description, Shelled and Unshelled, and Nut Meals.

BILSON'S COKER NUT BUTTER

(hard or soft texture), which is a splendid substitute for the ordinary dairy butter, perfectly wholesome and of delicate flavour, 8d. per lb., carriage forward.
Sample Tin, post free 6d.

Agents for THE IDA NUT MILL

which is the best Mill ever offered for grinding all kinds of Nuts, Cheese, Dried Bread, &c.,
1s. 6d. and 3s. 6d. each.

**H. WRIGHT & CO.'S IXION BISCUITS AND
OTHER PREPARATIONS.**

DR. HAIG'S BOOKS.

Write for Catalogue, $\frac{1}{2}$ d. stamp, and mention this book.

ENGLISH CHEESE

MADE IN THE CELEBRATED
CHEDDAR DISTRICT

*Minimum of Salt used, as recommended by Food Specialists
and supplied to "Apsley," Slough*

Price 9d. per lb. Sizes from 14 lb.

L. A. GRIFFIN
DIBDINS AND MOORSIDE FARMS
WEST TOWN, SOMERSET

Telephone : 0197 Leatherhead

HENRY MOORE & SON
Mills

LEATHERHEAD, SURREY

Mills:—Ockham, Cobham & Fetcham

STONE-GROUND FLOUR & WHEATMEAL
(BOLTED OR UNBOLTED)

H. M. & SON guarantee all Flour and Wheatmeal ground
through old-fashioned Mill-stones at their own Mills from
best English Wheat.

*Strongly recommended by Mrs. C. W. EARLE in her "Third
Pot Pourri."*

Any quantity put on Rail to all parts of the United Kingdom
Prices on application

RECORD OF TREATMENT, EXTRACTION, REPAIR, etc.

Pressmark:

Binding Ref No: 2042

Microfilm No:

Date	Particulars
6/3/07	Chemical Treatment
	Fumigation
	Deacidification (Spring 1950)
	Lamination
	Solvents
	Leather Treatment
	Adhesives
	Remarks

